

DAY AND NIGHT

LINEDANCE.COM

Count: 32

Wall: 4

Level: intermediate

Choreographer: Sarah Wolton

Music: Day & Night by Billie Piper

LEFT AND RIGHT HEEL SWITCHES, FORWARD ROCK, SHUFFLE BACK

- 1&2** Touch left heel forward, step left beside right, touch right heel forward
- &3** Step right beside left, touch left heel forward
- &4** Step left beside right, touch right heel forward
- 5&6** Step right beside left, rock forward onto left foot, rock back onto right foot
- 7&8** Step left foot back, step right to left foot, step left foot back

BACK ROCK, SHUFFLE FORWARD, LEFT AND RIGHT SAILOR STEPS

- 9&10** Rock back onto right foot, rock forward onto left foot
- 11&12** Step right forward, step left foot to right foot, step right foot forward
- 13&14** Cross left behind right, step right to right side, step left to place
- 15&16** Cross right behind left, step left to left side, step right to place

SIDE TAPS, AND HEEL SWITCHES TWICE

- 17&18** Touch left to left side, step left beside right, touch right to right side
- &19** Step right beside left, touch left heel forward
- &20** Step left beside right, touch right heel forward
- &21** Step right beside left, touch left to left side
- &22** Step left beside right, touch right to right side
- &23** Step right beside left, touch left heel forward
- &24** Step left beside right, touch right heel forward

LEFT AND RIGHT AND LEFT SAILOR STEPS, CROSS UNWIND $\frac{1}{4}$ TURN RIGHT

- 25&26** Step right beside left, cross left behind right, step right to right side, step left to place
- 27&28** Cross right behind left, step left to left side, step right to place
- 29&30** Cross left behind right, step right to right side, step left to place
- 31&32** Cross right behind left, unwind $\frac{1}{4}$ turn right over right shoulder

REPEAT

The music stops and then carries on at a slower pace, carry on dancing at speed the music will catch up

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=58072