

# Day And Night

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**Count:** 64      **Wall:** 4      **Level:** Intermediate

**Choreographer:** Dwight Meessen - July 2018

**Music:** "Day And Night" by Lo Air (album: Day And Night) 112 bpm

## **Intro: 64 counts**

### **Walk Fwd x2, Ball Fwd, Fwd, Rock Fwd Recover, Coaster Cross**

**1-2RF step forward, LF step forward**

**&3-4RF step beside on ball foot, LF step forward, RF step forward**

**5-6LF rock forward, RF recover**

**7&8LF step back, RF together, LF cross over [12]**

### **Side, Touch Behind, ¼ L Fwd, ¼ L Side, Sailor ¼ L Into Pivot ½ R, Point**

**1-2RF step side, LF touch behind**

**3-4LF ¼ left step forward, RF ¼ left step side**

**5&6LF ¼ left cross behind, RF step beside, LF step forward**

**7-8L+R ½ turn right, LF point side [9]**

### **Heel Toe Swivels, Behind - ¼ L Fwd - Fwd, Rock Fwd Recover**

**1&2LF swivel heel in, LF swivel toes in, LF swivel heel in**

**3&4LF swivel heel out, LF swivel toes out, LF swivel heel out**

**5&6RF cross behind, LF ¼ left step forward, RF step forward**

**7-8LF rock forward, RF recover [6]**

### **Back, Drag, Ball Fwd, Fwd, Sway x2, Behind - ¼ R Fwd - Fwd**

**1-2LF big step back, RF drag together**

**&3-4RF step beside on ball foot, LF step forward, RF step forward**

**5-6LF step side with hips left, hips right**

**7&8LF cross behind, RF  $\frac{1}{4}$  right step forward, LF step forward [9]**

**Rock Side Recover, Sailor, Reverse Pivot  $\frac{1}{2}$  L, Step Lock Step Fwd**

**1-2RF rock side, LF recover**

**3&4RF cross behind, LF step beside, RF step side**

**5-6LF point back, L+R  $\frac{1}{2}$  turn left**

**7&8RF step forward, LF lock behind, RF step forward [3]**

**Rock Fwd Recover, Sugar Foot Bkw x2, Behind Side Cross, Rock Side Recover  $\frac{1}{4}$  L**

**1-2LF rock forward, RF recover**

**3-4LF step back and swivel R toes right, RF step back and swivel L toes left**

**5&6LF cross behind, RF step side, LF cross over**

**7-8RF rock side, LF  $\frac{1}{4}$  left recover [12]**

**Shuffle  $\frac{1}{2}$  L, Coaster Cross, Side, Touch Ball Cross, Side**

**1&2RF  $\frac{1}{4}$  left step side, LF step beside, RF  $\frac{1}{4}$  left step back**

**3&4LF step back, RF together, LF cross over**

**5-6RF step side, LF touch beside**

**&7-8LF step beside on ball foot, RF cross over, LF step side [6]**

**Sailor, Cross, Unwind  $\frac{3}{4}$  L, Step Lock Step Bkw, Coaster**

**1&2RF cross behind, LF step beside, RF step side**

**3-4LF cross behind, LF unwind  $\frac{3}{4}$  turn left**

**5&6RF step back, LF lock across, RF step back**

**7&8LF step back, RF together, LF step forward [9]**

## **Start again**

**Restarts: Dance the 2nd and 5th wall up to and including count 32 (count 8 of the 4th section) and start again**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=129866](https://www.linedance.com/index.php?f=dance_view&id=129866)