

# Day And Night

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

1-2 RF step forward, LF step forward  
&3-4 RF step beside on ball foot, LF step forward, RF step forward  
5-6 LF rock forward, RF recover  
7&8 LF 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

1-2 RF step side, LF touch behind  
3-4 LF ¼ left step forward, RF ¼ left step side  
5&6 LF ¼ left cross behind, RF step beside, LF step forward  
7-8 L+R ½ turn right, LF point side [9]

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

1&2 LF swivel heel in, LF swivel toes in, LF swivel heel in  
3&4 LF swivel heel out, LF swivel toes out, LF swivel heel out  
5&6 RF cross behind, LF ¼ left step forward, RF step forward  
7-8 LF rock forward, RF recover [6]

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

1-2 LF big step back, RF drag together  
&3-4 RF step beside on ball foot, LF step forward, RF step forward  
5-6 LF step side with hips left, hips right  
7&8 LF cross behind, RF ¼ right step forward, LF step forward [9]

### Rock Side Recover, Sailor, Reverse Pivot ½ L, Step Lock Step Fwd

1-2 RF rock side, LF recover  
3&4 RF cross behind, LF step beside, RF step side  
5-6 LF point back, L+R ½ turn left  
7&8 RF step forward, LF lock behind, RF step forward [3]

### Rock Fwd Recover, Sugar Foot Bkw x2, Behind Side Cross, Rock Side Recover ¼ L

1-2 LF rock forward, RF recover  
3-4 LF step back and swivel R toes right, RF step back and swivel L toes left  
5&6 LF cross behind, RF step side, LF cross over  
7-8 RF rock side, LF ¼ left recover [12]

### Shuffle ½ L, Coaster Cross, Side, Touch Ball Cross, Side

1&2 RF ¼ left step side, LF step beside, RF ¼ left step back  
3&4 LF step back, RF together, LF cross over  
5-6 RF step side, LF touch beside  
&7-8 LF step beside on ball foot, RF cross over, LF step side [6]

### Sailor, Cross, Unwind ¾ L, Step Lock Step Bkw, Coaster

1&2	RF cross behind, LF step beside, RF step side
3-4	LF cross behind, LF unwind $\frac{3}{4}$ turn left
5&6	RF step back, LF lock across, RF step back
7&8	LF 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**