

# Day And Night

Choreographer : Dwight Meessen  
Walls : 4 wall line dance  
Level : Intermediate  
Counts : 64  
Info : 112 Bpm - Intro 64 counts  
Music : "Day And Night" by Lo Air (album: Day And Night)

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## 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 ¾ 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 2<sup>nd</sup> and 5<sup>th</sup> wall up to and including count 32 (count 8 of the 4<sup>th</sup> section) and start again*