

Night & Day

Count: 32

Wall: 2

Level: Beginner

Choreographer: William Sevone (UK)

Music: One More Night - Esther Hart



SIDE STEP, STEP, CHASSE RIGHT, TAP TOGETHER, ½ LEFT KICK, CHASSE LEFT, (6:00)

- 1-2 Step right foot to right side, step onto left foot
- 3&4 Step right foot to right side, step left foot next to right, step right foot to right side
- 5-6 Tap left toe next to right foot, kick left foot forward & turn ½ left
- 7&8 Step left foot to left side, step right foot next to left, step left foot to left side

CROSS ROCK WITH EXPRESSION, ROCK, ¼ RIGHT FORWARD SHUFFLE, STEP FORWARD, FORWARD FULL TURN LEFT -OR- OPTION, FORWARD SHUFFLE, (9:00)

- 9-10 (Leaning right) cross rock right foot over left, rock onto left foot
- 11&12 Turn ¼ right & step forward onto right foot, close left foot next to right, step forward onto right foot
- 13-14 Step forward onto left foot, (on ball of left foot) full turn right - with right foot off floor

Option: count 14: touch right toe next to left foot

- 15&16 Step forward onto right foot, close left foot next to right, step forward onto right foot

ROCK FORWARD, ROCK, TRIPLE STEP ¾ LEFT, SIDE STEP, STEP BEHIND, ¼ RIGHT FORWARD SHUFFLE, (3:00)

- 17-18 Rock forward onto left foot, rock onto right foot
- 19&20 (On the spot) triple step ¾ left stepping left, right, left
- 21-22 Step right foot to right side, cross step left foot behind right
- 23&24 Turn ¼ right & step forward onto right foot, close left foot next to right, step forward onto right foot

2X SIDE STEP, ¼ LEFT SAILOR STEP, CROSS STEP, ½ LEFT, CROSS SHUFFLE RIGHT, (6:00)

- 25-26 Step left foot to left side, step right foot to right side
- 27&28 Cross step left foot behind right, step right foot to right side, turn ¼ left & step forward onto left foot
- 29-30 Cross step right foot over left, unwind ½ left (weight on right foot)
- 31&32 Cross step left foot over right, step right foot to right side, cross step left foot over right

REPEAT

DANCE FINISH

The dance will finish on count 22 of the 10th wall (facing 'home'). Include the following with count 22:
Turn upper body and head right (to face home wall) with right hand on hat brim & left hand on left hip