

# Day & Night

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**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Ria Vos (NL)

**Music:** Everyday - Kendra Lou & The Miracles : (Single)

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## Intro: 32 counts

### Walk, Walk, Shuffle Fwd, Rock Fwd, Recover, Shuffle ½ Turn L

1-2 Walk Fwd R, Walk Fwd L  
3&4 Shuffle Fwd Stepping R,L,R  
5-6 Rock L Fwd, Recover on R  
5&6 Shuffle ½ Turn Left Stepping L,R,L (6:00)

### Walk, Walk, Shuffle Fwd, Rock Fwd, Recover, ¼ Turn L Chasse

1-2 Walk Fwd R, Walk Fwd L  
3&4 Shuffle Fwd Stepping R,L,R  
5-6 Rock L Fwd, Recover on R  
7&8 ¼ Turn Left Step L to Left Side, Step R Next to L, Step L to Left Side (3:00)

### Cross, Point, Kick & Point, Jazz Box Cross ¼ Turn R

1-2 Cross R Over L, Point L to Left Side  
3&4 Kick L Fwd, Step L next to R, Point R to Right Side  
5-6 Cross R Over L, ¼ Turn R Step Back on L (6:00)  
7-8 Step R to Right Side, Cross L Over R

### Chasse R, Rock Back, Recover, ¼ Turn R Chasse L, Rock Back, Recover

1&2 Step R to Right Side, Step L Next to R, Step R to Right Side  
3-4 Rock back on L, Recover on R  
5&6 ¼ Turn R Step L to Left Side, Step R Next to L, Step L to Left Side (9:00)  
7-8 Rock Back on R, Recover on L

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