

Every Night And Day

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Count: 36

Wall: 2

Level: Advanced

Choreographer: Ross Brown (England)

Music: Promise Me by Beverley Craven. CD: Promise Me - The Best of Beverley Craven [Length - 3:38 - 56bpm]

Intro: 16 Counts (Approx. 16 Secs)

PREP STEP. FULL TURN R. PREP STEP. FULL TURN L. STEP, PIVOT ½ TURN L. STEP, SIDE ¼ TURN R, BEHIND, SWEEP. SAILOR ¼ TURN R with SIDE LUNGE.

- 1 Step forward with right (prepare yourself for your next turn on this step).
- 2 & Make a ½ turn right stepping back with left, make a ½ turn right stepping forward with right.
- 3 Step forward with left (prepare yourself for your next turn on this step).
- & 4 Make a ½ turn left stepping back with right, make a ½ turn left stepping forward with left.
- & 5 Step forward with right, pivot a ½ turn left.
- 6 & 7 Step forward with right, make a ¼ turn right stepping left to the left, cross step right behind left.
- & Sweep left foot from in front of right to behind.
- 8 & 1 Cross step left behind right, make a ¼ turn right stepping forward with right, lunge left to the left. (12 o'clock)

RECOVER. CROSS, FULL UNWIND R. BASIC NIGHTLUB. STEP ¼ TURN L, SWEEP. WEAVE LEFT.

2 &a Recover onto right, cross step left over right, unwind a full turn right.

3 - 4 &(Complete unwind) Step right to the right, rock back with left, recover onto right.

- 5 & Make a ¼ turn left stepping forward with left, sweep right foot forward.
- 6 & 7 Cross step right over left, step left to the left, cross step right behind left.
- & 8 Step left to the left, cross step right over left. (9 o'clock)

SHARP ¾ UNWIND L, SWEEP. BEHIND, SIDE. DIAGONAL RUN. FULL TURN R into BASIC NIGHTLUB. BACK ¼ TURN L, SPIRAL ½ TURN L, STEP.

1 & (In a sharp motion) Unwind a $\frac{3}{4}$ turn left, sweep left foot from in front of right to behind.

2 & Cross step left behind right, step right to the right.

3 & (Facing 1:30) Run forward; left, right.

4 & Make a $\frac{1}{4}$ turn right stepping back with left, make a $\frac{1}{2}$ turn right stepping forward with right.

5 - 6 & Make a $\frac{1}{4}$ turn right stepping left to the left, rock back with right, recover onto left. (1:30)

7 & 8 Make a $\frac{1}{4}$ turn left stepping back with right, make a $\frac{1}{2}$ turn left hooking left across right, step forward with left. (4:30)

(STRAIGHTEN UP) STEP, SWEEP. CROSS, SIDE, BEHIND, SWEEP. BEHIND, SIDE. STEP, STEP, PIVOT $\frac{1}{2}$ TURN. X2.

1 & (Straighten up to 6 o'clock) Step forward with right, sweep left foot forward.

2 & 3 & Cross step left over right, step right to the right, cross step left behind right, sweep right foot back.

4 & Cross step right behind left, step left to the left. *R*

5 - 6 & Step forward with right, step forward with left, pivot a $\frac{1}{2}$ turn right.

7 - 8 & Step forward with left, step forward with right, pivot a $\frac{1}{2}$ turn left. (6 o'clock)

RESTARTS:-

On Walls 2 & 4, restart after Count 4 & (*R*) facing 12 o'clock.

On Wall 5, restart at the end of this Section facing 6 o'clock.

ROCK FORWARD. STEP $\frac{1}{2}$ TURN R. SWEEP $\frac{1}{2}$ TURN R, STEP.

1 - 2 & Rock forward with right, recover onto left, make a $\frac{1}{2}$ turn right stepping forward with right.

3 - 4 Make a $\frac{1}{2}$ turn right sweeping left foot around, step forward with left. (6 o'clock)

End of Dance. Start again and Enjoy!