

Nights And Days

32 count, 4 wall, intermediate level

Choreographer: Audrey Watson (Scotland) May 2004

Choreographed to: Oh Carol by Smokie, Best Of
(174 bpm)

Intro: 1 second about 4 beats: start dance as soon as they start singing

WALK, WALK, WALK, LOCK STEP, MAMBO STEP, SHUFFLE STEP BACK.

1&2 Walk fwd on right, left, right. (small steps)

3&4 Step fwd on left, lock right behind left, step fwd on left.

5&6 Rock fwd on right, rock back on left, step right next left.

7&8 Step back on left, step right next left, step back on left.

BACK TURN CROSS, CHASSE LEFT, BACK ROCK SIDE, BEHIND SIDE CROSS

1&2 Rock back on right, turn $\frac{1}{4}$ turn right stepping left to l/side, cross right over left.

3&4 Step left to l/side, step right next left, step left to l/side.

5&6 Rock back on right, rock fwd on left, step right to r/side.

7&8 Cross left behind right, step right to r/side, cross left over right.

BACK TURN STEP, LOCK STEP, MAMBO STEP, $\frac{3}{4}$ TURN SHUFFLE

1&2 Rock right to r/side, turn $\frac{1}{4}$ turn left stepping fwd on left, step fwd on right.

3&4 Step fwd on left, lock right behind left, step fwd on left.

5&6 Rock fwd on right, back on left, step right next left.

7&8 Make a $\frac{3}{4}$ turn shuffle left stepping, left, right, left.

FWD BACK POINT, POINT SIDE $\frac{1}{4}$ FLICK, SHUFFLE FWD, STOMP TURN HITCH

1&2 Rock fwd on right, rock back on left, point right to r/side.

3&4 Point right toe across left, point right toe to r/side, $\frac{1}{4}$ turn left flicking right back.

5&6 Shuffle fwd on right, left, right.

7&8 Stomp fwd on left, bounce heels twice while making a $\frac{1}{4}$ right, hitch right foot across left shin

TAG

When using the music Oh Carol by Smokie - Easy Tag: to be added at the end of Walls 1 & 2

HEEL HITCH, HEEL HITCH.

1&2 Touch right heel fwd, hitch right across left twice
