

## Every Night And Day

36 Count, 2 Wall, Advanced

Choreographer: Ross Brown (UK) September 2011

Choreographed to: Promise Me by Beverley Craven

CD: Promise Me - The Best of Beverley Craven

(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. WEAWE LEFT.**

- 2 & 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 NIGHTCLUB. BACK ¼ TURN L, SPIRAL ½ TURN L, STEP.**

- 1 & (In a sharp motion) Unwind a ¾ 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 ¼ turn right stepping back with left, make a ½ turn right stepping forward with right.  
5 – 6 & Make a ¼ turn right stepping left to the left, rock back with right, recover onto left. (1:30)  
7 & 8 Make a ¼ turn left stepping back with right, make a ½ 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 ½ 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 ½ turn right.  
7 – 8 & Step forward with left, step forward with right, pivot a ½ turn left.

**RESTARTS**

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

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

**ROCK FORWARD. STEP ½ TURN R. SWEEP ½ TURN R, STEP.**

- 1 – 2 & Rock forward with right, recover onto left, make a ½ turn right stepping forward with right.  
3 – 4 Make a ½ turn right sweeping left foot around, step forward with left. (6 o'clock)

**End of Dance. Start again and Enjoy!**