

Sat Nam

ALL Day

Int+/Easy Adv

By : Locash

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Sequence : Wait 16 – A – B – Bridge – A – B – C – Break – ½ A – Bridge – B – B – C\*

Part A – 32 Beats

Swing	DS T-Skuff(xif) T-Skuff(ots) Heel-Twist	RS RS(xif) DS DS RS
Twist	L R R R	L/R L/R L R L/R
Slur Rock	DS Slur Step Rock( ½ left ) Slur Step Step Hop-a Dbl Dbl Dbl Tch-up	
Canadian	L R L R	L L R L R L R L

\*\*\*\*\* Repeat above back to face front \*\*\*\*\*

Part B – 32 Beats

Hop Skuff	Hop Skuff-up Hop Skuff-up Hop Skuff-up	RS Hop Skuff-up Hop Skuff-up Dbl-Heel RS
Rock Split	L R R L L R	R/L R L L R R L L/R
Rock Heel	Rock Step Pull-Heel Step Rock Step Pull-Heel Step	RS DS DS RS ( ½ right )
Pulls	L R L L R L R	R L/R L R L/R

\*\*\*\*\* Repeat above back to face front \*\*\*\*\*

Bridge – 4 Beats

4 Steps	Step Step Step Step
	L R L R

Part A – Swing Twist / Slur Rock Canadian / \* Repeat \*

Part B – Hop Skuff Rock Split / Rock Heel Pulls / \* Repeat \*

Part C – 28 Beats

Irish	RS A-Dbl RS Step A-Dbl Ba Ba Ba A-Dbl Step A-Dbl Step	RS
Quick Rock	L/R L L/R L R R L R L L R R	L/R
4 Up	Up-Drag Step RS ( ¼ turn left on each )	
Basics	L R L R/L	
Irish	RS A-Dbl RS Step A-Dbl Ba Ba Ba A-Dbl Step A-Dbl Step	RS
Quick Rock	L/R L L/R L R R L R L L R R	L/R
2 Up	Up-Drag Step RS ( no turn )	
Basics	L R L R/L	

Break – 32 Beats

Lucy Toe	DS Tch-Toe Heel-Skuff Heel-Flap	RS DS DS RS ( ¾ turn right )
Skuff	L R R R	L/R L R L/R

\*\*\*\*\* Repeat above 3 more times in box formation back to face front \*\*\*\*\*

Part ½ A – Swing Twist / Slur Rock Canadian (full turn left back to face front

Bridge - 4 Steps

Part B – Hop Skuff Rock Split / Rock Heel Pulls / \* Repeat \*

Part B – Hop Skuff Rock Split / Rock Heel Pulls / \* Repeat \*

Part C\* - Irish Quick Rock / 4 Up Basics / Irish Quick Rock / 2 Up Basics / 2 Steps