

Lovely Day

LINEDANCE.COM

Count: 32 **Wall:** 2 **Level:** Absolute Beginner

Choreographer: Martha Hall (USA) - January 2026

Music: Lovely Day - Bill Withers

Intro: 32 Counts

[1-8] Lindy R, Lindy L

- 1&2 Step RF to R side, Step LF next to RF, Step RF to R side
- 3-4 Rock Back on LF behind RF, Recover on RF
- 5&6 Step LF to L side, Step RF next to LF, Step LF to L side
- 7-8 Rock Back on the RF behind the LF, Recover on the LF

[9-16] Shuffle R, Shuffle L, Step Pivot $\hat{A}^{1/2}$ L, Walk RL

- 1&2 Step RF forward, Step LF next to RF, Step RF Forward
- 3&4 Step LF forward, Step RF next to LF, Step LF forward
- 5-6 Step RF forward Pivot $\hat{A}^{1/2}$ Left while placing weight on LF
- 7-8 Walk forward RF and LF

[17-24] Kick Ball Change RF (X2), R Rocking Chair

- 1&2 Kick RF, step RF next to LF, step LF next to RF
- 3&4 Kick RF, step RF next to LF, step LF next to RF
- 5-6 Rock Forward on RF, Recover on LF
- 7-8 Step Back on RF, Recover on LF

[25-32] Walk RLR, Kick L, Walk Back LRL, Touch R

- 1-2 Walk forward RL
- 3-4 Walk forward R, Kick LF
- 5-6 Step back LF and RF
- 7-8 Step back LF and touch RF next to LF

Last Update: 18 Jan 2026