

Lovely Day

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Ray Hodson (UK) September 2016

Music: Lovely Day (Original) Bill Withers - Greatest Hits Album: Lean On Me

Alternative Music: Lovely Day (7" Sunshine Mix) Bill Withers

Intro: 32 Counts, 20 Seconds

[1-8]: Rock Recover Coaster, Cross Side, Behind Side Cross

- 1 2** Rock R forward, recover left
- 3&4** Step right foot back, close left to right, step right foot forward 12:00
- 5-6** Step L across R - Step R to Right
- 7&8** Step L behind R, Step R to right side, Cross step L over 12:00

[9-16] : Side Rock, Behind Side Cross, Side Rock and Side Rock

- 1 2** Rock right to side, recover weight on left 12:00
- 3&4** Step R behind L, Step L to left side, Cross R over L
- 5-6** Rock L to left side, Recover onto R
- &7-8** Step L next R - Rock R to right side - Recover onto L

[17-24] : Rock Recover Shuffle Half, Shuffle Quarter, Back rock

- 1 2** Rock R forward, recover left
- 3&4** Shuffle $\frac{1}{2}$ Turn Back R Stepping R-L-R 6:00
- 5&6** Shuffle $\frac{1}{4}$ Turn R Stepping L-R-L 9:00
- 7-8** Rock R back, recover left

[25-32] : Rock Recover, Walk Back 4 (With Heel Grinds), Rock Back Recover

- 1 2** Rock R forward, recover left
- 3 4** Step back on right as you grind left heel, Step back on left as you grind right heel,
- 5 6** Step back on right as you grind left heel, Step back on left as you grind right heel,
- 7 8** Rock R back, recover left 9:00

Start Again

Take it easy - go with the flow Ray

Contact: (+44)07710 591511 - www.urbanlinedance.co.uk - ray.hodson@sky.com

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=113870