



Lovely Day

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 ½ Turn Back R Stepping R-L-R 6:00
- 5&6 Shuffle ¼ 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

Video: Teach and demonstration can be found at <https://youtu.be/z5xh5NGkioc>

Take it easy - go with the flow Ray

(+44)07710 591511

www.urbanlinedance.co.uk