

Luverly Day

Compte: 32

Mur: 4

Niveau: Improver mambo



Chorégraphe: Larry Hayden (UK)

Musique: Lovely Day - Rudy B

BACK ROCK, RECOVER, STEP, HOLD, BACK ROCK, RECOVER, LARGE STEP, HOLD

- 1&2 Small rock step back on left (just behind right), recover onto right, step left to left side
3&4 Rock back on right, recover onto left, step large step with right to right

SAILOR CROSS, HOLD, ROCK, RECOVER, CROSS, HOLD

- 5&6 Cross left behind right, step right to right side, cross left over in front of right
7&8 Rock right to right side, recover onto left, cross right over in front of left

½ TURN, HOLD, ¾ TURN, HOLD

- 1&2 Turning ¼ turn right step back on left, turning ¼ turn right step right to right side, cross left over in front of right
3&4 Turning ¼ turn left step back on right, turning ½ turn left step forward on the left, step forward on the right

MAMBO FORWARD, HOLD, WALK BACK, HOLD

- 5&6 Rock forward on left, recover onto right, step back on left
7&8 Walk back right, left, right

ROCK, RECOVER, ½ TURN RIGHT, HOLD, ROCK, RECOVER, ½ TURN LEFT, HOLD

- 1&2 Rock back on left, recover onto right, turning ½ turn right step back on left
3&4 Rock back on right, recover onto left, turning ½ turn left step back on right

SAILOR CROSS, HOLD, ROCK, RECOVER, CROSS, HOLD

- 5&6 Cross left behind right, step right to right side, cross left over in front of right
7&8 Rock right to right side, recover onto left, cross right over in front of left

SWAY, CROSS SHUFFLE TWICE - LEFT THEN RIGHT

- 1-2 Step left to left side swaying to left, recover onto right swaying right
3&4 Cross shuffle left, right, left
5-6 Step right to right side swaying to right, recover onto left swaying left
7&8 Cross shuffle right, left, right

REPEAT
