

# Lovely Day

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Ray Hodson (UK) - September 2016  
音乐: Lovely Day - Bill Withers : (Album: Greatest Hits, 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**

Take it easy - go with the flow Ray

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