

# Luverly Day

**COPPER KNOB**  
BY SHEETS

拍数: 32      墙数: 4      级数: Improver mambo  
编舞者: Larry Hayden (UK)  
音乐: Lovely Day - Rudy B



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## 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**

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