

Lovely Day

COPPER KNOB
BY STEPHEN HODSON

拍數: 32 牆數: 4 級數: Beginner
編舞者: Ray Hodson (UK) - September 2016
音樂: 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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