

Luverly Day

32 count, 4 wall, beginner/intermediate level
Choreographer: Larry Hayden f(UK) Dec 2006
Choreographed to: Lovely Day by Rudy B, CD: Urban Latino (91 bpm)

32 counts - just before vocal

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 x 2 - 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

Start again and enjoy!!

Sing along!!

Music download available from itunes
