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Lovely Day

32 Count, 4 Wall, Beginner

Choreographer: Ray Hodson (UK) Sept 2016

Choreographed to: Lovely Day by Bill Withers.

Album: Greatest Hits - Lean On Me

Alt. Music: **Lovely Day (7" Sunshine Mix) Bill Withers**

Intro: **32 Counts, 20 Seconds**

Section 1 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

Section 2 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

Section 3 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

Section 4 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