Count: 32
Wall: 2
Level: Intermediate
Choreographer: Melissa Rutz - April 2020
Music: Lovely Day - Bill Withers

## \#32 count intro, No Tags Or Restarts

HOOK TRIPLE R, HOOK TRIPLE L, BEHIND, SWEEP, BEHIND ¼ STEP
1\&2 Lock $R$ behind $L$, step $L$ forward, step $R$ forward (12:00)
3\&4 Lock $L$ behind $R$, step $R$ forward, step $L$ forward (12:00)
5-6 Step $R$ behind $L$, sweep $L$ back (12:00)
7\&8 Step $L$ behind $R$, step $R 1 / 4$ turn $R$, step $L$ forward (3:00)
PUSH, DRAG, STEP KICK, STEP KICK, ¼ KICK, BALL CHANGE, CHUG x 2
\&1-2 Push back from $L$, step $R$ back, drag $L$ foot in (3:00)
\& 3\&4 Close $L$ next to $R$, kick $R$ forward, close $R$ next to $L$, kick $L$ forward (3:00)
\&5\&6 Close $L$ next to $R$ making $1 / 4$ turn R, kick R FWD, step on ball of R, step L FWD (6:00)
7-8 $\quad$ Push $R$ to $R$ making a $1 / 4$ turn $L$, Push $R$ to $R$ making a $1 / 4$ turn $L$ (12:00)
ROCK \& CROSS, ROCK \& $1 / 4$, HEEL DIG W/ MAMBO, $1 ⁄ 2$ TURN TRIPLE
1\&2 Rock $R$ to $R$, recover $L$, cross $R$ over $L$ (12:00)
3\&4 Rock $L$ to $L$, step $R 1 / 4$ turn $R$, step $L$ forward (3:00)
5\&6 Dig $R$ heel forward, recover $L$, step $R$ back (3:00)
7\&8 Step L back, $1 / 2$ turn $R$ stepping $R$ forward, step $L$ forward (9:00)
SCUFF \& HOOK, UNWIND, CHASSE R, KNEE DROP, $1 / 4$ TURN
1\&2 Scuff R, step down on R, hook $L$ behind $R(9: 00)$
3-4 Unwind a full turn $L$ ending with weight on $L$ (9:00)
5\&6 Step R to R, close L next to R, step R to R (9:00)
7-8 Drop L knee in, step L $1 / 4$ turn $L$ (6:00)

