

# LAZY DAY

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Difficulty- Average

Music; Record 'Mercury 72732',\* itunes Lazy day by Spanky & our Gang Time 3:05

Rhythm: FOXTROT Phase III

Footwork: Opposite directions of Man.

Sequence: I – ABC – ABC – A – End

Slow music to 85%

MEAS

INTRO

**1-6 WAIT 2; ; TWIRL 3; HOVER (BJO & SEMI); ; PICK-UP;**

1-6 Wait 2;; fwd L,-,R,L (W trn RF und lnd hnds R,-,L,R); fwd R,-, fwd L ( W trn LF), rec R to bjo; bk L,-, bk R ( W trn RF), fwd L to semi; fwd R( W pvt LF ½ , -, sd L, cl R to CP;

PART A

**1-6 2 LEFT TURNS ; ; HOVER ; FWD,FWD,LOCK; CIRCLE/STRUT 4;;**

1-6 fwd L trng LF, -, sd R, cl L; bk R cont LF, -, sd L, cl R fc wall; fwd L,-, sd & fwd R w/rise, rec L to semi LOD; fwd R, -, fwd L, lk Rib of L; circle LF ¼ L,-, ¼ trn R,-; circle LF ¼ L,-, ¼ trn R,-;

**7-12 BOX (SCAR/LOD); ; CROSS HOVER 3X ; ; ; PICK-UP;**

7-12 fwd L,-, sd R, cl L; bk R, -, sd L, cl R trn slight LF to SCAR; prog to LOD xLif of R, -, sd R trng LF, rec L cont trn BJO; prog to LOD xRif of L, -, sd L trng RF, rec R cont trn SCAR; prog to LOD xLif of R, -, sd R trng LF, rec L cont trn semi;

PART B

**1-8 DIAMOND TRNS ; ; ; ; PROG BOX ; ; ; 2 LEFT TURNS ; ;**

1-8 fwd L trn LF on diag, -, sd R cont LF trn CP COH, bk L BJO DRC; bk R trn LF, -, sd L cont LF trn, fwd R ; BJO DRW fwd L trn LF on diag, -, sd R cont LF trn CP wall, bk L BJO DLW; bk R trn LF, -, sd L cont LF trn, fwd R fc LOD; fwd L,-, sd R, cl L; fwd R,-, sd L, cl R; repeat meas 1-2 of part A; ;

PART C

**1—7 LEFT TRNG BOX ½ ; ; VINE 8 ; ; ; LEFT TRNG BOX ½ ; ; WHISK;**

1-7 fwd L trn LF, -, sd R cont LF trn CP COH, cl L; bk R trn LF, -, sd L cont LF trn, cl R ; sd L, xRib, sd L, xRif; repeat; fwd L trn LF, -, sd R cont LF trn CP wall, cl L; bk R trn LF, -, sd L cont LF trn, cl R fc wall; CP WALL fwd L, -, fwd and sd R comm. rise to ball of foot, xLib cont to full rise to ball of foot to SCP LOD;

**8-11 MEN ROLL ACROSS ; LADY ROLL ACROSS ; MANUVER ; IMPETUS ;**

8-11 xRif in front of W trng RF, -, sd L twd wall cont trn fc LOD, fwd R ( W fwd L,-,R,L); repeat meas 8 M do W's part W do M's footwrk; fwd R trn RF, -, sd L cont RF trn to CP/ROD, cl R; bk L, -, cl R to L heeltrn RF ( W around L, -, brush R to L), fwd L SCP DC;

**12-18 CHECK THRU, REC, FACE; LEFT TRN BOX ; ; ; ; VINE 8 ; ; ;**

12-18 fwd R,-, rec L, fc ptr sd R; meas 1-2 & 5-6 ; ; ; ; repeat meas 3-4; ;

**19-20 TWIRL 3; PICK-UP;**

19-20 repeat meas 3 & 6 of intro ; ;

END

**1-8 2 LEFT TURNS ; ; LEFT TRNG BOX ½ ; ; VINE 8 ; ; LEFT TRNG BOX ½ ; ;**  
1-8 repeat meas 1-2 part A ; ; repeat meas 1-4 of part C ; ; twice ;  
**9-14 VINE 8 ; ; TWIRL 3 ; HOVER (BJO & SEMI) ; ; THRU SIDE CORTE ;**  
9-14 ; repeat meas 3-5 of intro ; ; xRif thru,-, sd L bend L knee, lean body slightly RLOD ;

- if you find record URC 1056 or a download with URC label, I think is a better recording. you hear people saying 'Hello'. 2nd time though PART A – meas 5 -6 . It's nice.

#### HEAD CUES

##### INTRO

**1-6 WAIT 2 ; ; TWIRL 3 ; HOVER (BJO & SEMI) ; ; PICK-UP ;**

##### PART A

**1-12 2 LEFT TURNS ; ; HOVER ; FWD,FWD,LOCK ; CIRCLE/STRUT 4 ; ;**  
**BOX (SCAR) ; ; CROSS HOVER 3X ; ; ; PICK-UP ;**

##### PART B

**1-8 DIAMOND TRNS ; ; ; ; PROG BOX ; ; 2 LEFT TURNS ; ;**

##### PART C

**1—7 LEFT TRNG BOX ½ ; ; VINE 8 ; ; LEFT TRNG BOX ½ ; ; WHISK ;**  
**8-11 MEN ROLL ACROSS ; LADY ROLL ACROSS ; MANUVER ; IMPETUS ;**  
**12-18 CHECK THRU, REC, FACE ; LEFT TRN BOX ; ; ; ; VINE 8 ; ;**  
**19-20 TWIRL 3 ; PICK-UP ;**

##### PART A

**1-12 2 LEFT TURNS ; ; HOVER ; FWD,FWD,LOCK ; CIRCLE/STRUT 4 ; ;**  
**BOX (SCAR) ; ; CROSS HOVER 3X ; ; ; PICK-UP ;**

##### PART B

**1-8 DIAMOND TRNS ; ; ; ; PROG BOX ; ; 2 LEFT TURNS ; ;**

##### PART C

**1—7 LEFT TRNG BOX ½ ; ; VINE 8 ; ; LEFT TRNG BOX ½ ; ; WHISK ;**  
**8-11 MEN ROLL ACROSS ; LADY ROLL ACROSS ; MANUVER ; IMPETUS ;**  
**12-18 CHECK THRU, REC, FACE ; LEFT TRN BOX ; ; ; ; VINE 8 ; ;**  
**19-20 TWIRL 3 ; PICK-UP ;**

##### PART A

**1-12 2 LEFT TURNS ; ; HOVER ; FWD,FWD,LOCK ; CIRCLE/STRUT 4 ; ;**  
**BOX (SCAR) ; ; CROSS HOVER 3X ; ; ; PICK-UP ;**

END

**1-8 2 LEFT TURNS ; ; LEFT TRNG BOX ½ ; ; VINE 8 ; ; LEFT TRNG BOX ½ ; ;**  
**9-14 VINE 8 ; ; TWIRL 3 ; HOVER (BJO & SEMI) ; ; THRU SIDE CORTE ;**