

Lazy Day

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Music: "Lazy Day" - Herb Alpert & The Tijuana Brass - from the CD "Lost Treasures" - available
as iTunes download Time/Speed: 2:58/Speed unchanged from download

Footwork: Opposite, directions for man except as noted (W's in parentheses)

Rhythm: FT JV Phase: III Release Date: June 2008

Sequence: I A[03-12] B C A B C T



I

[CP WALL]

01-02 WAIT ; ;

01 - 02 In CP M fcg RLOD w/ ld ft free wt ; ;

A - FOXTROT

Note: First time start with measure 3.

01-02 WALK , - , MANEUVER, - , ; PIVOT 2 [FACE WALL] ;

01 - 02 fwd L , - , fwd R trng RF to end CP M fcg RLOD , - ; {Pvt 2} start RF upper body trn bk L toe trng
1/2 RF , , fwd R between ptr's feet contg RF trn to end CP fcg wall , - ;

03-04 TWISTY VINE 4 [BJO] ; FORWARD RUN 2 ;

03 - 04 sd L , XIB R endg SCAR , sd L endg CP , XIF R endg BJO ; fwd L , - , fwd R , fwd L ;

05-06 FACE SIDE CLOSE ; SIDE DRAW CLOSE ;

05 - 06 fwd R trng RF to fc wall , - , sd L , cl R endg CP ; sd L , draw R to L , cl R , - ;

07-10 WHISK ; WING ; TURN L & RIGHT CHASSE [BJO] ; IMP [SCP] ;

07 - 08 {Wsk} fwd L , , fwd and sd R , XIB L end in a tight SCP ; {Wing} fwd R , , draw L twd Rt , tch L to
R trng upper body LF w/ L sd stretch ; (fwd L stg LF trn , , fwd R arnd M cont LF trn , fwd L arnd
M ;) to end in tight SCAR DLC ;

09 - 10 fwd L stg LF upper body trn , - , sd R / cl L , sd R compg trn to BJO DRC ; bk L stg RF trn , - , cl R
w/ heel trn , fwd L ; (fwd R outsd M's R sd stg RF trn , - , sd and fwd L arnd M brushg R to L ,
compg RF trn fwd R ;) endg SCP DLC

11-12 CHAIR RECOVER ; PICKUP SIDE CLOSE ;

11 - 12 fwd R , - , rec L , - ; fwd R , - , sd L , cl R ; (fwd L trng LF to CP , - , sd R , cl L ; endg CP DLC

B - FOXTROT

01-04 2 LEFT TURNS [FACE WALL] ; ; BOX ; ;

01 - 02 fwd L stg LF trn , - , sd and bk R , cl L ; bk R , - , sd and fwd L , cl R compg trn to fc wall ;

03 - 04 fwd L , - , sd R , cl L ; bk R , - , sd L , cl R ;

05-08 HOVER ; THRU CHASSE [SCP] ; THRU CHASSE [SCP] ; THRU SIDE CLOSE ;

05 - 06 fwd L , - , fwd and sd R , rec L endg SCP LOD ; thru R trng to fc ptr , - , sd L / cl R , sd L trng to
SCP ;

07 - 08 thru R trng to fc ptr , - , sd L / cl R , sd L trng to SCP ; thru R trng to fc ptr , - , sd L , cl R ;

C - JIVE

01-04 SIDE TOUCH & RIGHT CHASSE ; CHANGE PLACES RIGHT TO LEFT ; ~ CHANGE PLACES LEFT TO RIGHT ; ;

01 sd L , tch R , sd R / cl L , sd R ;

02 - 04 {Chg plcs R - L} rk bk L to SCP , rec R , sd L / cl R , sd L stg 1/4 LF trn ; sd and fwd R / cl L , sd R
, (rk bk R to SCP , rec L , sd R / cl L , fwd R stg 3/4 RF trn undr jnd ld hnds ; sd and slightly bk L /
cl R , sd and bk left ,) {Chg plcs L - R} rk bk L , rec R ; sd L / cl R , sd L stg 1/4 RF trn , sd R / cl L
, sd R , (rk bk R , rec L ; fwd R / cl L , fwd R stg 3/4 LF trn undr jnd ld hnds , sd L / cl R , sd L
compg LF trn to fc ptr ;)

05-08 JV WLKS ; ~ THROWAWAY ; ~ CHG HNDS BEHIND BACK [RLOD] ; ;

05 - 08 {JV wlks} rk bk L , rec R to SCP , fwd L / R , L ; fwd R / L , R , {Thrw} stg LF trn sd L / cl R , sd L
; sd R / cl L , sd R compg LF trn to fc LOD , (pickg up R / L , R ; sd and bk L / cl R , sd to end fcg
RLOD ,) {Chg hnds bhd bk} rk apt L , rec R ; fwd L stg 1/4 LF trn and plcg R hnd ovr W's R hnd /
cl R , fwd L relg L hnd compg 1/4 LF trn to tandem pos in front of W , sd and bk R stg 1/4 LF trn
plcg L hnd bhd M's back / cl L xferg W's R hnd to M's L hnd bhd his back , sd and bk R compg
1/4 LF trn to end fcg RLOD ; (rk apt R , rec L ; fwd R stg 1/4 RF trn / cl L , fwd R compg 1/4 RF
trn to tandem pos bhd M ; sd and bk L stg 1/4 RF trn / cl R , sd and bk L compg 1/4 RF trn to fc
LOD ;)

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- 09-12 CHANGE PLACES LEFT TO RIGHT [FACE CENTER] ; ~ LINK ROCK [FACE WALL] ; ;**
[BFLY]PROGRESSIVE ROCK ;
 09 - 11 {Chg plcs L - R} rk bk L , rec R , sd L / cl R , sd L stg 1/4 RF trn ; sd R / cl L , sd R , (rk bk R , rec L , fwd R / cl L , fwd R stg 3/4 LF trn undr jnd ld hnds ; sd L / cl R , sd L compg LF trn to fc ptr ,)
 {Link rk} rk apt L , rec R ; small triple fwd L / R , L , sd R / L , R trng RF to end CP fcg Wall ;
 12 {Prog rk} blend to BFLY rk apt L , XIF rec R , rk apt L , XIF rec R ;
- 13-16 SIDE TOUCH & RIGHT CHASSE ; ROCK SCP RECOVER WALK 2 ; ROCK THE BOAT SLOW ;**
ROCK THE BOAT TWICE QUICK ;
 13 - 14 sd L , tch R , sd R / cl L , sd R ; trng to SCP rk bk L , rec R , fwd L , fwd R ;
 15 - 16 fwd L w/ straight knee leang fwd , - , w/ rkg motion and relaxed knees cl R leang bwd , - ; fwd L w/ straight knee leang fwd , w/ rkg motion and relaxed knees cl R leang bwd , fwd L w/ straight knee leang fwd , w/ rkg motion and relaxed knees cl R leang bwd ;
- 17-20 THROWAWAY ; LINK ROCK ; ~ JIVE WALKS ; ;**
 17 {Thrwy} stg LF trn sd L / cl R , sd L , sd R / cl L , sd R compg LF trn to fc LOD ; (pickg up R / L , R , sd and bk L / cl R , sd to end fcg RLOD ;)
 18 - 20 {Link rk} rk apt L , rec R ; small triple fwd L / R , L ; sd R / L , R trng RF to end CP fcg Wall , {JV wks} rk bk L , rec R to SCP ; fwd L / R , L , fwd R / L , R ;
- T - JIVE**
- 01-02 POINT STEP 4 TIMES ; ;**
 01 - 02 pt L fwd w/ outsd edge of ft in floor contact , fwd L , pt R fwd w/ outsd edge of ft in floor contact , fwd R ; pt L fwd w/ outsd edge of ft in floor contact , fwd L , pt R fwd w/ outsd edge of ft in floor contact , fwd R ;
- 03-06 THROWAWAY ; CHANGE PLACES LEFT TO RIGHT ; ~ JIVE WALKS ; ;**
 03 {Thrwy} stg LF trn sd L / cl R , sd L , sd R / cl L , sd R compg LF trn to fc LOD ; (pickg up R / L , R , sd and bk L / cl R , sd to end fcg RLOD ;)
 04 - 06 {Chg plcs L - R} rk bk L , rec R , sd L / cl R , sd L stg 1/4 RF trn ; sd R / cl L , sd R , (rk bk R , rec L , fwd R / cl L , fwd R stg 3/4 LF trn undr jnd ld hnds ; sd L / cl R , sd L compg LF trn to fc ptr ,)
 {JV wks} rk bk L , rec R to SCP ; fwd L / R , L , fwd R / L , R ;
- 07-08 PT STP 4X ; ;**
 07 - 08 pt L fwd w/ outsd edge of ft in floor contact , fwd L , pt R fwd w/ outsd edge of ft in floor contact , fwd R ; pt L fwd w/ outsd edge of ft in floor contact , fwd L , pt R fwd w/ outsd edge of ft in floor contact , fwd R ;
- 09-09 PT ;**
 09 pt L fwd w/ outsd edge of ft in floor contact , - , - , - ;