

Lazy Dayz

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Mona Akersveen Schützer (NOR) & Stefan Schützer (NOR) - September 2025

Music: Rockin' With the Rhythm of the Rain - The Judds



[1-8] Forward touch x2, backwards touch x2

- 1-2 Step RF diagonal forward, touch LF beside RF
- 3-4 Step LF diagonal forward, touch RF beside LF
- 5-6 Step RF diagonal back, touch LF beside RF
- 7-8 Step LF diagonal back, touch RF beside LF

Clap you hands on count 2, 4, 6 and 8

[9-16] Heel hook right and left foot

- 1-2 Touch R heel forward, hock RF in front of L,
- 3-4 touch R heel forward, step RF beside LF
- 5-6 Touch L heel forward, hock LF in front of R,
- 7-8 touch L heel forward, step LF beside RF

[17-24] Lock step RF fwd, Lock step LF fwd

- 1-2 Step RF forward, lock LF behind RF
- 3-4 Step RF forward, touch LF beside RF
- 5-6 Step LF forward, lock RF behind LF
- 7-8 Step LF forward, touch RF beside LF

[25-32] Side touch x4 with ¼ turn

- 1-2 Step RF to R side, touch LF beside RF
- 3-4 Step LF to L side, touch RF beside LF
- 5-6 Step RF to R side, touch LF beside RF
- 7-8 ¼ turn, Step LF to L side, touch RF beside LF

Wave your hands to right and left as you step to the side

Start again

We hope you enjoy the dance ☐