

"Perfect Day"

Artist: Lady Antebellum

CD: "Need You Now" (length 3:21)

Choreographer: Irmgard Huddy CCI

irmgardh@bigpond.net.au

Level: Advanced

Wait: 18 Beats Left foot lead

Sequence: Intro, A, Intro, B, Chorus, Intro, A, Chorus, Intro, B*, Chorus*, Intro*



Intro (16 Beats)

- 8 L A Vine
- 4 Get It
- 4 Double Bounce Up

Part A (32 Beats)

- 8 Hopping Clog Vine Touch
- 8 TMD Vine
- 8 Stamp Kick Out Extra
- 8 Rougie Time

Intro (16 Beats)

- 8 L A Vine
- 4 Get It
- 4 Double Bounce Up

Part B (32 Beats)

- 8 Double Gregory Sync (move Diag Fwd)
- 8 Leg Swing Pullback
- 8 Dragger Flange
- 8 Flat Swing Step

Chorus (32 Beats)

- 8 Triple Zip & Kick
- 8 Follow Me (1/2 L)
- 8 Civic Double Rocky (1/2 R)
- 8 Train Step

Intro (16 Beats)

- 8 L A Vine
- 4 Get It
- 4 Double Bounce Up

Part A (32 Beats)

- 8 Hopping Clog Vine Touch
- 8 TMD Vine
- 8 Stamp Kick Out Extra
- 8 Rougie Time

Chorus (32 Beats)

- 8 Triple Zip & Kick
- 8 Follow Me (1/2 L)
- 8 Civic Double Rocky (1/2 R)
- 8 Train Step

Intro (16 Beats)

- 8 L A Vine
- 4 Get It
- 4 Double Bounce Up

Part B* (16 Beats)

- 8 Double Gregory Sync (move Diag Fwd)
- 8 Leg Swing Pullback

Chorus* (40 Beats)

- 8 Triple Zip & Kick
- 8 Follow Me (1/2 L)
- 8 Civic Double Rocky (1/2R)
- 16 Long Waymouth Down

Intro* (31 Beats)

- 8 L A Vine (1/2L)
- 4 Get It
- 4 Double Bounce Up
- 8 L A Vine (1/2L)
- 4 Get It
- 3 Double Bounce Up Stomp



STEP EXPLANATIONS FOR "Perfect Day"

L A Vine (8)

(P) STO	TnUp	TnDn (XIF)	BA (OTS)	BA (XIB)	SLUR (XIF)	S (OTS)	TnUp	TnDn (XIF)	SLUR (RVS)	TCH (BES)
L	R	R	L	R	L	L	R	R	L	L
& 1	e&a2	e&a3	&	4	&	5	e&a6	e&a7	&	8

STEP EXPLANATIONS FOR "Perfect Day" (continued)

GET IT (4) :

K(XIF)/DR S T-BA TCHH-S(XIF) T-BA TCHH-S(XIF) SK HOP SLAP-S
 L/R L R R L L R R L L R L R R
 & 1 e & a 2 e & a 3 e & a 4

DOUBLE BOUNCE UP (4) :

DT BO(XIB)/BO(XIF) BO(XIB)/BO(XIF) BO/LIFT DT BO(XIF)/BO(XIB) BO(XIF)/BO(XIB) LIFT/BO
 L L/R L/R L/R R L/R L/R L/R
 & 1 & 2 & 3 & 4

HOPPING CLOGVINE TOUCH (8) :

DS HOP TCHH-S(XIF) DS HOP T-BA(XIB) DS DT(F)_HOP DT(OTS) HOP TT-BA(BK) DT_HOP TCH
 L L R R L L R R L R L R L R R L R L
 &1 & a 2 &3 & a 4 &5 e& a 6e & a 7 e& a 8

TMD VINE (8) :

DS TnUp(XIF) TnUp(X) T-BA H-BA T-BA H-BA TnDn T-BA H-BA TnUp
 L R R R L L R R L L R L L R R L
 &1 e&a2 e&a3 e & a 4 e & a 5 e&a6 e & a & e&a8

STAMP KICK OUT EXTRA (8) :

DS STA H/K(OTS) BA(OTS) T-BA H-BA S(XIF) (P) BA(OTS) T-BA H-BA S(XIF) DS RS
 L R L/R R L-L R-R L R L-L R-R L R LR
 &1 & 2 & a 3 e & 4 e & a 5 e & 6 &7 &8

ROUGIE TIME (8) :

DS SL T-BA(XIB) H-BA(OTS) H-S(XIF) SL S(OTS)DR STO(XIF)T-BA H-S STO(XIF) T-BA H-BA STO
 L L R R L L R R R L L R L L R R L R R L L R
 &1 & a 2 e & a 3 & 4 & 5 e & a 6 & a 7 e & 8

DOUBLE GREGORY SYNC(8) :

DS TCHH(OTS) JMP/JMP(CLICK H'S) BA BA(BK) S S TCHH(OTS) JMP/JMP(CLICK H'S) BA BA(BK) S
 L R L/R R L R L R L/R R L R
 &1 e & a 2 & 3 e & a 4 &
 S DT(F) S(OTS) TTCH(XIF) S DT(F) S(OTS) TTCH(XIF) SL
 L R R L L R R L R
 5 e& a 6 & a7 e & 8

LEG SWING PULLBACK (8) :

HOP DT HOP DT HOP/SWING(OTS) HOP/SWING(XIF) SWING(XIF)/HOP SWING(OTS)/HOP
 L R R L L/R L/R L/R L/R
 & ea 1 ea & 2 & 3
 TCHH(OTS) BA T-BA(XIB) H-S(F) TT(BK) PULLBACK-BA TCH(FWD)S TT(BK) PULLBACK-BA TCH(FWD)HOP
 L L R R L L R L L R R L R L R
 & 4 e & a 5 e & a 6 & a 7 e & 8

FLAT SWING STEP (8) :

DS TnUp(XIF) TnUp(X) RS(XIF) DT(OTS) H [R(OTS) S(XIF)] (MOVE R) TnDn RS
 L R R RL R L R L R LR
 &1 e&a2 e&a3 &4 & 5 & 6 e&a7 &8

DRAGGER FLANGE (8) :

DS DT DT/S(XIB) S/DT S(XIF) DR R H-S(XIF) DR R H-S DS(XIF)/FLA H(FWD)/BA SL
 L R L/R L/R R R L R-R R L R-R L/R L/R R
 &1 &a 2e &a 3 & 4 e & 5 & a 6 &7 & 8

STEP EXPLANATIONS FOR "Perfect Day" (page3)

TRIPLE ZIP N KICK (8) :

DS TnDn TnDn/BO(Apart) SL(XIF)/SL(XIB) SL(XIB)/SL(XIF) SL(XIF)/SL(XIB) K/HOP(B)
 L R L/R L/R L/R L/R L/R
 &1 e&a2 e&a3 & 4 & 5
 S(F) S(F) DT-BA DT_HOP_TCH
 L R L L R L R
 & 6 &a 7 e& a 8

FOLLOW ME (8) :

DS TnDn(XIF) DS TnDn(XIF) R(OTS) S TnDn(XIF) (1/2L) DT BA DT BA TT SL
 R L R L R L R L L R R L R
 &1 e&a2 &3 e&a4 & 5 e&a6 e& a 7e & a 8

CIVIC DOUBLE ROCKY (8) :

DR S(XIF) TCH(OTS) H DS(XIF) SLR(RVS (1/2R)-S RS DS R HD-FL-H
 R L R L R L L L RL R L R R R
 & 1 & 2 &3 & 4 &5 &6 & 7 & 8

TRAIN STEP (8) :

DS DT HOP DT HOP T-BA DS(OTS) DS(XIF) T-BA(XIB) DS(OTS) DS(XIB) T-BA DT HOP TTCH
 L R L R L R R L R L L R L R R L R L
 &a1e& a 2e & a 3 e&a 4e& a 5 e&a 6e& a 7 e& a 8

LONG WAYMOUTH DOWN (16) :

(P) S DT HOP DT HOP T-BA DT-BA DT-BA(XIF) TT(B) HOP DT HOP DT HOP T-BA DT-BA DT-
 L R L R L R R L L R R L R L R L R L L R R L
 & 1 e& a 2e & a 3 e& a 4e & a 5 e& a 6e & a 7 e& a 8e
 BA(XIF) TT(B) HOP DT HOP DT HOP T-BA DT-BA DT-BA(XIF) TT(B) HOP BA SK HOP
 L R L R L R L R R L L R R L R L R L R L
 & a 9 e& a 10e & a 11 e& a 12e & a 13 & a 14
 TCHH(F)/BA S TnDn
 L/R L R
 & 15 e&a16

DOUBLE BOUNCE UP STOMP (3) :

DT [BO(XIB)/BO(XIF) BO(XIB)/BO(XIF) BO/LIFT] STO STO(APART)
 L L/R L/R L/R R L
 & 1 & 2 & 3

TENNESSEE DOWN(TnDn) (1) :

SK_DR-POP_SLAP-S
 L R L L
 e & a 1

TENNESSEE UP (TnUp) (1) :

SK_DR-POP_SLAP_SL
 L R L R
 e & a 1