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| --- | --- |
| All Day Long |  |

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| . | | | | | | |
| **Count:** | 64 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Gary Lafferty (UK) | | | | |
| **Music:** | Mr. Mom - Lonestar | | | | |
| . | | | | | | |

**RIGHT TOE-STRUT, LEFT TOE-STRUT, KICK-OUT-OUT**

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| 1-4 | Touch right foot forward, lower right heel to floor ; touch left foot forward, lower left heel |

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| 5-8 | Kick right foot forward, step to right on right foot, step to left on left foot, hold |

**SAILOR SCUFF & SAILOR STEP**

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| --- | --- |
| 1-4 | Cross-step right foot behind left, step to left on left foot, scuff right forward, step to right on right foot |

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| --- | --- |
| 5-8 | Cross-step left foot behind right, step to right on right foot, step to left on left foot, hold |

**BEHIND-SIDE-FRONT ; LEFT SCISSOR STEP**

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| --- | --- |
| 1-4 | Cross-step right foot behind left, step to left on left foot, cross-step right foot over left, hold |

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| --- | --- |
| 5-8 | Step to left on left foot, step on right foot beside left, cross-step left foot over right, hold |

**SIDE, BEHIND, SIDE, IN FRONT, SIDE, HOLD, ROCK STEP**

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| --- | --- |
| 1-4 | Step to right on right, cross-step left behind right, step to right on right, cross-step left over right |

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| 5-8 | Step to right on right, hold, rock left foot behind right, recover weight onto right foot |

**RUMBA BOX (SIDE, TOGETHER, FORWARD, HOLD ; SIDE, TOGETHER, BACK, HOLD)**

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| --- | --- |
| 1-4 | Step to left on left foot, step on right foot beside left, step forward on left foot, hold |

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| --- | --- |
| 5-8 | Step to right on right foot, step on left foot beside right, step back on right foot, hold |

**BACK-LOCK-BACK, KICK ; RIGHT COASTER-CROSS, STEP LEFT**

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| --- | --- |
| 1-4 | Step back on left foot, lock-step right foot over left, step back on left foot, kick right forward |

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| --- | --- |
| 5-8 | Step back on right foot, step on left foot beside right, cross-step right foot over left, step to left on left foot |

**ROCK BEHIND & SIDE ; LEFT COASTER STEP**

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| --- | --- |
| 1-4 | Rock right foot behind left, recover weight onto left foot, step to right on right foot, hold |

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| --- | --- |
| 5-8 | Step back on left foot, step on right foot beside left, step forward on left foot, hold |

**ROCK FORWARD & BACK & STEP FORWARD, ½ TURN**

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| --- | --- |
| 1-4 | Rock forward on right foot, recover weight onto left, rock back on right foot, recover weight onto left |

|  |  |
| --- | --- |
| 5-8 | Step forward on right foot, hold, pivot ½ turn to left, hold |

**REPEAT**

**TAG & RESTART**

**On the third wall, you will do the first 16 counts (up to & incl. The sailor scuff & sailor step) facing the front. You will then do the 4-count tag, and then restart the dance from count 1 (toe-struts) facing the back wall**

**STEP FORWARD, HOLD, ½ TURN, HOLD**

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| --- | --- |
| 1-4 | Step forward on right foot, hold, pivot ½ turn to left, hold |