# All Day Long



Count: 64 Wand: 2 Ebene: Intermediate

Choreograf/in: Gary Lafferty (UK)

Musik: Mr. Mom - Lonestar



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

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

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

#### **SAILOR SCUFF & SAILOR STEP**

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

right foot

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

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

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

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

right

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)

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

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

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

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**

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

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

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**

5-8

## **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

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