

Long Hard Day

COPPER **NOB**
BY THE POUND

Count: 64

Wall: 2

Level: Easy Intermediate

Choreographer: Nancy Langsberg (BEL), Kirsty Harpham-Fox (UK) & I.C.E. (ES) - April 2021

Music: All Nighter Comin' - Vince Gill



Intro: 32 counts (approx. 11 secs)

S1: R Rock Fwd, R Side Rock, R Back, L Kick, L Back, R Kick

- 1-2 R rock fwd, recover on L
- 3-4 R side rock, recover on L
- 5-6 R step back, L kick fwd
- 7-8 L step back, R kick fwd

S2: R Back Toe Strut, L Back Toe Strut, Monterey ¼ R

- 1-2 Step R toe back, drop R heel
- 3-4 Step L toe back, drop L heel
- 5-6 Point R to R side, make ¼ turn R stepping R next to L (3:00)
- 7-8 Point L to L side, step L next to R

S3: R Heel Strut, L Side Rock, L Heel Strut, R Side Rock

- 1-2 Step R heel fwd, drop R toes
- 3-4 L side rock, recover on R
- 5-6 Step L heel fwd, drop L toes
- 7-8 R side rock, recover on L

S4: Modified Jazzbox ¼ R

- 1-2 R cross over L, hold (& click fingers)
- 3-4 L step back, hold (& click fingers)
- 5-6 Make ¼ turn R stepping R to R side, hold (& click fingers) (6:00)
- 7-8 L step fwd, hold (& click fingers)

RESTART 2: Start dance again here in Wall 4 facing 12:00

S5: R Step, L Hook Behind, L Back, R Hook, R Heel, R Flick, Stomp R-L

- 1-2 R step fwd, hook L behind R
- 3-4 L step back, hook R in front of L
- 5-6 Touch R heel fwd, flick R to R side
- 7-8 R stomp fwd, L stomp next to R

RESTART 1: Start dance again here in Wall 2 facing 12:00

S6: R Heel Grind ¼ R, R Rock Back, Dwights Travelling To R

- 1-2 Rock fwd on R heel twisting R toe from L to R making ¼ turn R, recover on L (9:00)
- 3-4 R rock back, recover on L
- 5-6 Swivel L heel to R while touching R toe beside L (R knee bent towards L), swivel L toes to R while touching R heel beside L (point R toes to R)
- 7-8 Swivel L heel to R while touching R toe beside L (R knee bent towards L), swivel L toes to centre while touching R heel beside L (point R toes to R)

S7: Side R, Touch L & Clap, Side L, Step R & Clap, Swivets

- 1-2 Step R to R side, touch L next to R & clap
- 3-4 Step L to L side, step R next to L & clap
- 5-6 Weight on R heel and L toes, Swivel R toes to R & L heel to L, swivel back to centre

7-8 Weight on R toes & L heel, Swivel L toes to L & R heel to R, swivel back to centre (weight on L)

S8: Side R, L Scuff, Cross Rock, Recover, ¼ L, Step, Heel Twists

1-2 Step R to R side, L scuff

3-4 L cross rock, recover weight on R

5-6 Make ¼ turn L stepping forward L, step R next to L (6:00)

7-8 Twist both heels to R, twist back to centre (weight on L)

Start over

ENDING: Wall 7

At the end of the wall (facing 6:00) add the following 2 counts

Cross R over L, make ½ turn L to face 12:00

Contact info:

Nancy: nancylsbs@outlook.be

Kirsty: mummyangel2623@gmail.com
