

Long Hard Day

Choreographers: Nancy Langsberg (BEL) & Kirsty Harpham-Fox (UK) & I.C.E. – April 2021

Counts: 64 - **Walls:** 2 - **Level:** Easy Intermediate (2 restarts)

Music: All Nighter Comin' by Vince Gill - 2m 35s

BPM: 177 (approx.) - **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)

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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

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