

Long Hard Day

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Count: 64

Wall: 2

Level: Easy Intermediate

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

Music: - Vince Gill

Intro: 40 counts (approx. 24 secs)

Sequence: A-B-A-B-B-A-B-B-B

PART A : 48 counts

S1 R Lock Step, Mambo $\frac{1}{2}$ L, Paddle $\frac{1}{4}$ L, R Vaudeville

- 1&2** Step forward R, lock L behind R, step forward R
- 3&4** Rock forward L, recover on R, make $\frac{1}{2}$ turn L stepping forward L 6:00
- 5** Keeping weight on L make $\frac{1}{8}$ turn L and point R to R side
- 6** Keep weight on L and make another $\frac{1}{8}$ turn L and point R to R side
- 7&8** Cross R over L, step L to L side, touch R heel to R diagonal 3:00

S2 Step R, Touch L, Step L, Touch R, Behind R, Side L, Cross Shuffle, Point L

- 1,2** Step R to R side and dip down, touch L slightly to L diagonal and straighten up
- 3,4** Step L to L side and dip down, touch R slightly to R diagonal and straighten up
- 5&** Step R behind L, step L to L side (&)
- 6&7,8** Cross R over L, step L to L side (&), cross R over L, point L to L side 3:00

S3 L Shuffle Back, R Shuffle Back, L Coaster, Heel Twists $\frac{1}{2}$ Turn R, Touch R

- 1&2** Step back L, step R next to L (&), step back L
- 3&4** Step back R, step L next to R (&), step back R
- 5&6** Step back L, step R next to L (&), step forward L
- 7&** Start to make $\frac{1}{2}$ turn R twisting both heels L, R (&)
- 8** Finish the $\frac{1}{2}$ turn R twisting both heels L transferring weight to L and touch R next to L 9:00

S4 R Kick Ball Cross, Toe Touches, R Behind Side Cross, Side L, Touch R

- 1&2** Kick R forward, step ball of R next to L (&), cross L over R
- 3&4** Touch R to R side, touch R next to L (&), touch R to R side
- 5&6** Step R behind L, step L to L side (&), cross R over L
- 7,8** Step L to L side, touch R toes behind L

(styling option for count 8: swing both arms L and look to L) 9:00

S5 Side R, Rock Back, Recover, Side L, Rock Back, Recover, ¼ R, ¼ R, Shuffle ½ R

- 1,2&** Step R to R side, rock back L, recover on R (&)
- 3,4&** Step L to L side, rock back R, recover on L (&)
- 5,6** Starting a full turn right make ¼ turn R stepping forward R, make ¼ turn R stepping forward L
- 7&8** Make ¼ turn R stepping forward R, step L next to R (&), make ¼ turn R stepping forward R to complete the full turn 9:00

S6 Diagonal Cross Rock L, Recover, & Diagonal Cross Rock R, Recover, ¼ R, Step L, Pivot ½ R, L Mambo Pop

- 1,2&** Make 1/8 turn R (towards 10:30) and cross rock L over R, make 1/8 turn L recovering on R (back towards 9:00), step L to L side (&)
- 3,4&** Make 1/8 turn L (towards 7:30) and cross rock R over L, make 1/8 turn R recovering on L (back towards 9:00), make ¼ turn R stepping forward R (&) 12:00
- 5,6** Step forward L, make ½ turn R (weight forward on R)
- 7&8** Rock forward L, recover on R (&), step L next to R and pop R knee 6:00

PART B : 32 counts

S1 R Lock Step, Rock, Recover, Full Turn L, L Sailor

- 1&2** Step forward R, lock L behind R (&), step forward R

- 3,4** Rock forward L, recover on R
- 5,6** Make ½ turn L stepping forward L, make ½ turn L stepping back R
- 7&8** Step L behind R, step R to R side (&), step L to L side 6:00

S2 R Mambo ¼ R, Touch Across, Touch Side, L Sailor, Rock Back, Recover

- 1&2** Cross rock R over L, recover on L (&), make ¼ turn R stepping R to R side 9:00
- 3,4** Touch L across R, touch L to L side
- 5&6** Step L behind R, step R to R side (&), step L to L side
- 7,8** Rock back R, recover on L

S3 Boogie Walks RLR, Rock, Recover, Full Turn L, L Sailor

- 1&2** Run forward R, run forward L (&), run forward R
- 3,4** Rock forward L, recover on R
- 5,6** Make ½ turn L stepping forward L, make ½ turn L stepping back R
- 7&8** Step L behind R, step R to R side (&), step L to L side 9:00

S4 R Mambo ¼ R, Touch Across, Touch Side, L Sailor, Rock Back, Recover

- 1&2** Cross rock R over L, recover on L (&), make ¼ turn R stepping forward R 12:00
- 3,4** Touch L across R, touch L to L side
- 5&6** Step L behind R, step R to R side (&), step L to L side
- 7,8** Rock back R, recover on L

Start Over