

# ALL DAY LONG

LINEDANCE.COM

**Count:** 64

**Wall:** 2

**Level:** intermediate

**Choreographer:** Gary Lafferty

**Music:** Mr. Mom by 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
- 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

- 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**

## **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

**Stepsheet taken from CopperKnob.co.uk (104.219.55.39)**