

# Long Hard Day

COPPERKNOB  
STEPPERS

拍数: 64      墙数: 2      级数: Easy Intermediate  
编舞者: Nancy Langsberg (BEL), Kirsty Harpham-Fox (UK) & I.C.E. (ES) - April 2021  
音乐: 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

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