

# All Day Long

**COPPER** **KNOB**  
BY STEPHEN BATES

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Gary Lafferty (UK)  
音樂: Mr. Mom - 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