
Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 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

SEC 2 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

SEC 3 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

SEC 4 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 Start dance again here in Wall 4 facing 12:00

SEC 5 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 Start dance again here in Wall 2 facing 12:00

Long Hard Day

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SEC 6 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 Swivel L heel to R while touching R toe beside L (R knee bent towards L)
- 6 Swivel L toes to R while touching R heel beside L (point R toes to R)
- 7 Swivel L heel to R while touching R toe beside L (R knee bent towards L)
- 8 Swivel L toes to centre while touching R heel beside L (point R toes to R)

SEC 7 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)

SEC 8 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)

Ending After Wall 7

Cross R over L, make ½ turn L to face 12:00

