



All Day Long

64-count 2-wall intermediate-level line dance

Choreographed by Gary Lafferty

Music : "Mr Mom" by **Lonestar** (172bpm , 48-count intro , starting on main vocals)

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

TAG & RESTART

STEP FORWARD , HOLD , ½ TURN , HOLD

- 1-4 Step forward on Right foot , hold , pivot ½ turn to Left , hold

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.

The music is taken from the album called "Let's Be Us Again", by **Lonestar**.

The music is a two-step so potential floor-splits include dances such as:

"Country 2-Step" - Masters In Line , "Blip" - Mary Kelly , "Mariana Mambo" - Kate Sala , "Do Ya" - Mark & Jan Caley