

# The Long Day

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**Count:** 48

**Wall:** 4

**Level:** Improver Waltz

**Choreographer:** Paul McAdam

**Music:** "The long day is over" by Norah Jones

**Count in: . Start 18 seconds into track**

## **(1-6) FORWARD LEFT BASIC, FORWARD RIGHT BASIC**

**1,2,3** Step forward on left foot, step forward on right foot, step left foot in place

**4,5,6** Step forward on right foot, step forward on left foot, step right foot in place

## **(7-12) BACK LEFT BASIC, BACK RIGHT BASIC**

**1,2,3** Step back on left foot, step back on right foot, step left foot in place

**4,5,6** Step back on right foot, step back on left foot, step right foot in place

## **(13-24) LEFT TWINKLE, RIGHT CROSS ½ TURN X2**

**1,2,3** Cross left foot over right foot, step right foot to right diagonal, step left foot to left diagonal

**4,5,6** Cross right foot over left foot, make a ¼ turn right and step back on left foot, make a ¼ turn right and step right foot to right side

**1-6** Repeat steps 13-18.

## **(25-30) CROSS CHASSE, CROSS, ROCK, RECOVER**

**1,2&3** Cross left foot over right foot, step right foot to right side, step left foot together, step right foot to right side

**4,5,6** Cross rock left foot over right foot, recover weight onto right foot, step left foot to left side

## **(31-36) CROSS CHASSE, CROSS ROCK RECOVER**

**1,2&3** Cross right foot over left foot, step left foot to left side, step right foot together, step left foot to left side

**4,5,6** Cross rock right foot over left foot, recover weight onto left foot, step right foot to right side

## **(37-42) CROSS, SIDE, BACK, BACK SIDE, CROSS, TURNING LEFT**

**1,2,3** Turn to face 10.30 as you cross left foot over right foot, step right foot to right side, step back on left foot

**4,5,6** Turn to face 7.30 as you step back on right foot, step left foot to left side, cross right foot over left

**(43-48) CROSS, SIDE, BACK, BACK, SIDE, CROSS, TURNING LEFT**

**1,2,3** Turn to face 4.30 as you cross left foot over right, step right foot to right side, step back on left foot

**4,5,6** Turn to face 3.00 as you step back on right foot, step left foot to left side, cross right foot over left

**START AGAIN AND ENJOY!**