

Yesterday

拍数: 49 墙数: 2 级数: Phrased Advanced
编舞者: Alan Birchall (UK) & Jacqui Jax (UK) - September 2019
音乐: Yesterday - The Beatles : (Album: Help! & Numerous Compilations - Amazon / iTunes)



Sequence: A.A.B.A.B.A. ENDING

Start: On Lyrics Seconds: 5 Counts: 8 BPM: 96

Note: This Dance Is LYRICALLY Driven – FEEL The Song & Enjoy

'A' – Lyric Prompts – In Step Description

[1-8] CROSS, SIDE, INPLACE, CROSS, ¼ TURN, PRESS, RECOVER, BACK SWEEPS

- 1&2 Cross Left Over Right, Step Right To Right, Close Left In Place "Yesterday..."
3&4 Cross Right Over Left, Make ¼ Turn Right Stepping Back On Left, Make ½ Turn Right Stepping Forward On Right "All My..." 09:00
5-6 Press Forward On Left, Recover On Right Sweeping Left "Troubles Seemed..."
7-8 Step Back On Left Sweeping Right, Step Back On Right Sweeping Left "So Far Away..."

[9-17] ROCK, RECOVER, ¾ TURN, CROSS, SIDE, INPLACE, CROSS, SIDE, BEHIND, SWEEP, ROCK, RECOVER, STEP, DRAG

- 1-2 Rock Back On Left, Recover On Right "Now..."
&3 Make ½ Turn Right Stepping Back On Left, Make ¼ Turn Right Stepping Right To Right "It Looks As Though They're..." 06:00
4&5 Cross Left Over Right, Step Right To Right, Close Left In Place "Here To Stay..."
6&7& Cross Right Over Left, Step Left To Left, Cross Right Behind Left Slowly Sweeping Left "Oh I Believe..."
8&1 Rock Back On Left, Recover On Right, Take A Big Step To Left Dragging Right To Left "In Yes-ter-day"

ENDING: CROSS, SIDE, INPLACE, CROSS, FULL TURN, CROSS, SWEEP, TOUCH

- 1& Cross Left Over Right, Step Right To Right, Close Left In Place "mm mm mm mm..."
2&3 Cross Right Over Left, Make ¼ Turn Right Stepping Back On Left, Make ½ Turn Right Stepping Forward On Right
&4 Stepping Forward On Left Make ¼ Pivot Right, Cross Left Over Right, Sweep Right & Touch Right By Left "mm mm mmmm..." 12:00

'B' – Lyric Prompts – In Step Description

[1-8] ¼ FALLAWAY TURN, STEP, STEP, FULL SPIRAL TURN

- 1-2-3 Cross Left Over Right To Diagonal, Step Right To Right, Turning Slightly Left Step Back On Left "Why..." 10:30
4-5 Step Back On Right, Turning Slightly Left Step Left To Left "She..." 09:00
6-7-8 Step Forward On Right, Step Forward On Left, Make Full Spiral Turn Left Stepping Forward On Right "Had To Go..."

[9-16] STEP, ROCK, RECOVER 1¼ TURN

- 1-2 Step Forward On Left, Rock Forward On Right "I Don't..."
3-4 Recover On Left, Make ½ Turn Right Stepping Forward On Right "Know She..." 03:00
5-6 Make ½ Turn Right Stepping Back On Left, Make ½ Turn Right Stepping Forward On Right "Wouldn't..."
7-8 Stepping Forward On Left Make ¼ Pivot Right "Say..." 06:00

[17-24] CROSS POINT, BACK POINT, JAZZ BOX, CROSS

- 1-2 Cross Left Over Right, Point Right To Right "I..."

- 3-4 Cross Right Behind Left, Point Left To Left "Said..."
5-6 Cross Left Over Right, Step Back On Right "Something..."
7-8 Step Left To Left, Cross Right Over Left "Wrong Now..."

[25-32] STEP, LOCK, HOLD, ROCK, RECOVER, 1½ TURN

- &1-2 Step Left To Left, Lock Right Behind Left (On Balls Of Both Feet), Hold "I Long..."
&3-4 Step Left To Left, Cross Rock Right Over Left, Recover On Left "For Yes..."
5-6 Make ¼ Turn Right Stepping Forward On Right, Make ½ Turn Right Stepping Back On Left
"ter...." 03:00
7-8 Make ½ Turn Right Step Forward On Right, Stepping Forward On Left Make ¼ Pivot Right
"day...ay-ay-ay" 12:00

START AGAIN

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