

Yesterday Once More

拍数: 32 墙数: 4 级数: Improver
编舞者: Maureen Jones (UK) & Michelle Jones (UK)
音乐: Yesterday Once More - Carpenters



KICK-BALL-CROSS, SIDE, CROSS, SIDE-ROCK-CROSS, SIDE, BEHIND, SIDE, ROCK

1&2 Kick right forward, step right to right, step left across right
&3-4 Step right to right, step left across right, rock right to right
&5-6 Recover onto left, step right across left, step left to left
7&8 Step right behind left, rock left to left, recover onto right

CROSS, ¼ TURN-BACK, ½ TURN - FORWARD, ¼ TURN - SIDE ROCK, CROSS SHUFFLE, RHUMBA BOX

9-10 Step left across right, make ¼ turn left and step right back
11&12 Make ½ turn left and step left forward, make ¼ turn left and rock right to right, recover onto left

Easier option:

9-10 Step left across right, step right to right
11&12 Step left behind right, rock right to right, recover onto left
13&14 Step right across left, step left beside right, step right across left
15&16 Step left to left, step right beside left, step left forward

ROCK, STEP, ROCK, STEP, ROCK, TRIPLE STEP 1¼ TURNS

17-18& Rock right forward, recover back onto left, step right beside left
19-20& Rock left forward, recover back onto right, step left beside right
21-22 Rock right forward, recover back onto left
23&24 Make 1 ¼ triple step turn to the right stepping right, left, right

Easier option

23&24 Replace 1 ¼ turns with ¼ turn right

CROSS, SIDE, BEHIND, SIDE, CROSS, MONTEREY ½ TURN, SIDE ROCK, CROSS

25-26 Step left cross right, step right to right
&27-28 Step left behind right, step right to right, step left cross right
29-30 Point right to right, make ½ turn right and step right beside left
&31-32 Rock left to left, recover onto right, step left cross right

REPEAT

TAG

Dance after 4th wall facing 12:00 (When dancing to The Carpenter's track only)

SIDE ROCK, BEHIND-SIDE-CROSS, SIDE ROCK, BEHIND-SIDE-CROSS

1-2 Rock right to right, recover onto left
3&4 Step right behind left, step left to left, step right across left
5-6 Rock left to left, recover onto right
7&8 Step left behind right, step right to right, step left across right