

# 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