

Yesterday, Today And Tomorrow

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Tom Glover (AUS)
音乐: Three Days - Sandi West



- 1-2-3-4 Rock/step back onto left foot, rock forward onto right foot, step forward onto left foot, step/sway right foot to right side
5-6-7-8 Step/sway left, step/sway right, rock/step back onto left foot, rock forward onto right
- 1-2-3-4 Step forward onto left foot, pivot $\frac{1}{2}$ turn right, turn $\frac{1}{4}$ right as you step left foot to left side, step right foot behind left foot
5-6-7-8 Step foot to left side, cross/rock right over left, rock back onto left foot, take a large step to the right onto right foot as you slide left foot towards right
- 1-2-3-4 Rock/step left behind right foot, rock/replace weight onto right foot, step forward onto left foot, pivot $\frac{1}{4}$ to the right (as you come out of pivot, step your right foot slightly right)
5-6-7-8 Rock/step left behind right foot, rock/replace weight onto right foot, step forward onto left foot, pivot $\frac{1}{2}$ turn to the right
- 1-2-3-4 Step forward onto left foot, touch right toe to the right side as you click fingers shoulder height (both hands), step back onto right foot, touch left toe to the left side as you click fingers down to side
5-6-7-8 Step forward onto left foot, touch right toe to right side as you click fingers shoulder height, touch right toe back past left, pivot $\frac{1}{2}$ turn right
- &1&2-3-4 Bring right foot towards left shin, shuffle forward right-left-right, step forward onto left foot, rock back onto right foot
5-6-7-8 Turn $\frac{1}{2}$ left as you step forward onto left foot, step forward onto right foot, pivot $\frac{1}{2}$ turn left, hold
- 1&2-3-4 Shuffle forward right-left-right, step forward onto left foot, rock back onto right foot
5-6-7-8 Turn $\frac{1}{2}$ left as you step forward onto left foot, turn $\frac{1}{4}$ left as you step your right foot to right side, turn $\frac{1}{2}$ left as you step your left to the side, hold
- 1-2-3-4 Cross/rock right over left, rock/replace weight onto left foot, turn $\frac{1}{4}$ right as you shuffle forward right-left-right
5-6-7-8 Step forward onto left, pivot $\frac{1}{2}$ turn right, travel forward turning a full turn right (full turn) stepping left-right
- 1-2-3-4 Rock forward onto left foot, rock back onto right foot, turn $\frac{1}{2}$ turn left as you step forward onto left, rock forward onto right foot
5-6-7-8 Rock back onto left foot, turn $\frac{1}{2}$ right as you step forward onto right, step left foot forward, step right foot to right side

REPEAT