

Yesterday

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 2 级数: Improver NC2
编舞者: Katrin Kretzer & Silvia Ott - April 2009
音乐: Yesterday - Leona Lewis



Alt. Music: Some People by LeAnn Rimes

Nightclub Basic Left, Nightclub Basic Right, Sway, Cross, Unwind Turn

- 1-2& Large step left to left side, Cross step right behind left and cross left over right
- 3-4& Large step right to right side, Cross step left behind right and cross right over left
- 5-6 Step left to left side & swing hips to left side and to right side
- 7-8 Cross step left over right and full turn on balls of the feet (Unwind turn) –weight on right foot-

Nightclub Basic Left, Side-Behind-Side, Cross, Step Right ¼ Turn-Step, Step Right-Full Turn

- 1-2& Large step left to left side, Cross step right behind left and cross left over right
- 3-4& Step right to right side, Cross step left behind right and step right to right side
- 5-6& Cross step left over right, Step right to right side (lift left foot) with ¼ turn left 9:00 Recover onto left
- 7-8& Step right to right side, ½ turn right & step left back and ½ turn right & step forward onto right

Side, Behind – ¼ Turn R, Walk, Walk, Walk, Rock FWD, Sweep, Behind Side

- 1-2& Step left to left side, Cross step right behind left and ¼ turn right & step forward onto right 12:00
- 3-4& Step forward onto right, step forward onto left, step forward onto right
- 5-6& Rock forward onto left (right heel slightly raise), Recover onto right and recover onto left
- 7-8& Recover onto right, sweeping left from front to back, Cross step left behind right and step right to right

Cross Walk, Cross-Side-Behind-Sweep-Behind-Side, Cross Rock over R & L, ¼ Turn R ¼ Turn R

- 1-2& Cross step left over right, Cross step right over left and step left to left side
- 3-4& Cross step right behind left, Sweep left from front to back & cross behind right and step right to right side
- 5-6& Cross step left over right (right heel slightly raise), Recover onto right and step left to left side
- 7-8& Cross step right over left (left heel slightly raise), Recover onto left and ¼ turn right & step forward onto right

(1) ¼ turn right and repeat in new direction.
