

Yesterday

拍数: 32
编舞者: Yonne Emalda - March 2012
音乐: Yesterday - Leona Lewis

墙数: 2

级数: Intermediate - NC



Intro: 32 counts in, approx 17 sec

Nightclub Basic, Cross Unwind Full Turn, Sweep, Behind Side Cross Rock, Recover, Side, Cross Side Behind ¼ Turn

- 1-2& Step L foot to L side, cross R foot behind L foot, step L foot forward slightly cross over R foot
3-4& Make a full turn R sweeping R foot from front to back, cross R foot behind L foot, step L foot to L side
5-6& Cross R rock foot over L foot, recover weight on L foot, step R foot to R side
7&8& Cross L foot over R foot, step R foot to R side, cross L foot behind R foot, turn ¼ R stepping R foot forward

Pivot ½ Turn, ½ Turn Sweep, Behind Side Cross, Sweep, Cross Side, Back Rock And Recover, ¼ Turn, ¼ Turn

- 1-2 Step L foot forward, turn ½ R (follow the tune and beat of the music) – weight on your R foot
3-4& Turn another ½ L sweeping L foot from front to back, cross L foot behind R foot, step R foot to R side
5-6& Cross L foot over R foot sweeping R foot out from back to front, cross R foot over L foot, step L foot to L side
7&8& Cross rock R foot behind L foot, recover weight on L foot, turn ¼ L stepping R foot back, turn ¼ L stepping L foot forward

Slow Walk X2, Pivot ½ Turn Forward, Slow Walk X2, Pivot ½ Turn, Lock Step Forward

- 1-2 Step R foot and L foot forward slowly
3&4 Step R foot forward, turn ½ L, step R foot forward
5-6 Step L foot and R foot forward slowly
7&8& Step L foot forward, turn ½ R, step L foot forward, lock R foot behind L foot

Forward, Sweep, Cross Rock Step, Cross Rock, Recover, Scissors Cross X2, ¼ Turn, ½ Turn

- 1-2& Step L foot forward sweeping R foot out from back to front, cross rock R foot over L foot, recover weight on L foot
3-4& Step R foot to R side, cross rock L foot over R foot, recover weight on R foot
5&6 Step L foot to L side, step R foot beside L foot, cross L foot over R foot
&7& Step R foot to R side, step L foot beside R foot, cross R foot over L foot
8& Turn ¼ R stepping L foot back, turn ½ R stepping R foot forward