

# More Today than YESTERDAY

**COPPER** KNOB  
STEPSHEETS

拍數: 32                      牆數: 4                      級數: Absolute Beginner  
編舞者: Val Saari (CAN) - January 2019  
音樂: More Today Than Yesterday - Spiral Staircase



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## RF ROCKING CHAIR, MAMBO RIGHT ("t" step), CLAP

1-2                      Rock RF forward, Recover Left  
3-4                      Rock RF back, Recover Left  
5-6                      RF Rock side right, LF recover  
7-8                      RF close together beside L, Clap hands

## LF ROCKING CHAIR, MAMBO LEFT ("t" step), CLAP

1-2                      Rock LF forward, Recover Right  
3-4                      Rock LF back, Recover Right  
5-6                      LF Rock side left, RF recover  
7-8                      LF close together beside R, Clap hands

## HEEL STRUTS, TOE-STRUTS, MAKING 1/4 TURN TO RIGHT ("ARC" PATTERN)

1-4                      Step RF forward Heel-Toe, Step LF heel forward Heel-Toe  
5-8                      Step RF forward on toe, Step down on heel/ Step LF forward, Step down on heel

## HEEL SWITCHES BACK X 4 (R,L,R,L)

1-2                      Touch R Heel forward on floor, Step RF back  
3-4                      Touch L Heel forward on floor, Step LF back  
5-6                      Touch R Heel forward on floor, Step RF back  
7-8                      Touch L Heel forward on floor, Step beside R

**REPEAT - No Tags, No Restarts**

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