

# Yesterday

拍數: 49      牆數: 2      級數: Phrased Advanced  
編舞者: Alan Birchall (UK) & Jacqui Jax (UK) - September 2019  
音樂: Yesterday - The Beatles : (Album: Help! & Numerous Compilations - Amazon / iTunes)



Sequence: A.A.B.A.B.A. ENDING

Start: On Lyrics Seconds: 5 Counts: 8 BPM: 96

Note: This Dance Is LYRICALLY Driven – FEEL The Song & Enjoy

## 'A' – Lyric Prompts – In Step Description

### [1-8] CROSS, SIDE, INPLACE, CROSS, ¼ TURN, PRESS, RECOVER, BACK SWEEPS

- 1&2      Cross Left Over Right, Step Right To Right, Close Left In Place "Yesterday..."  
3&4      Cross Right Over Left, Make ¼ Turn Right Stepping Back On Left, Make ½ Turn Right Stepping Forward On Right "All My..." 09:00  
5-6      Press Forward On Left, Recover On Right Sweeping Left "Troubles Seemed..."  
7-8      Step Back On Left Sweeping Right, Step Back On Right Sweeping Left "So Far Away..."

### [9-17] ROCK, RECOVER, ¾ TURN, CROSS, SIDE, INPLACE, CROSS, SIDE, BEHIND, SWEEP, ROCK, RECOVER, STEP, DRAG

- 1-2      Rock Back On Left, Recover On Right "Now..."  
&3      Make ½ Turn Right Stepping Back On Left, Make ¼ Turn Right Stepping Right To Right "It Looks As Though They're..." 06:00  
4&5      Cross Left Over Right, Step Right To Right, Close Left In Place "Here To Stay..."  
6&7&      Cross Right Over Left, Step Left To Left, Cross Right Behind Left Slowly Sweeping Left "Oh I Believe..."  
8&1      Rock Back On Left, Recover On Right, Take A Big Step To Left Dragging Right To Left "In Yes-ter-day"

### ENDING: CROSS, SIDE, INPLACE, CROSS, FULL TURN, CROSS, SWEEP, TOUCH

- 1&      Cross Left Over Right, Step Right To Right, Close Left In Place "mm mm mm mm..."  
2&3      Cross Right Over Left, Make ¼ Turn Right Stepping Back On Left, Make ½ Turn Right Stepping Forward On Right  
&4      Stepping Forward On Left Make ¼ Pivot Right, Cross Left Over Right, Sweep Right & Touch Right By Left "mm mm mmmm..." 12:00

## 'B' – Lyric Prompts – In Step Description

### [1-8] ¼ FALLAWAY TURN, STEP, STEP, FULL SPIRAL TURN

- 1-2-3      Cross Left Over Right To Diagonal, Step Right To Right, Turning Slightly Left Step Back On Left "Why..." 10:30  
4-5      Step Back On Right, Turning Slightly Left Step Left To Left "She..." 09:00  
6-7-8      Step Forward On Right, Step Forward On Left, Make Full Spiral Turn Left Stepping Forward On Right "Had To Go..."

### [9-16] STEP, ROCK, RECOVER 1¼ TURN

- 1-2      Step Forward On Left, Rock Forward On Right "I Don't..."  
3-4      Recover On Left, Make ½ Turn Right Stepping Forward On Right "Know She..." 03:00  
5-6      Make ½ Turn Right Stepping Back On Left, Make ½ Turn Right Stepping Forward On Right "Wouldn't..."  
7-8      Stepping Forward On Left Make ¼ Pivot Right "Say..." 06:00

### [17-24] CROSS POINT, BACK POINT, JAZZ BOX, CROSS

- 1-2      Cross Left Over Right, Point Right To Right "I..."

- 3-4 Cross Right Behind Left, Point Left To Left "Said..."
- 5-6 Cross Left Over Right, Step Back On Right "Something..."
- 7-8 Step Left To Left, Cross Right Over Left "Wrong Now..."

**[25-32] STEP, LOCK, HOLD, ROCK, RECOVER, 1½ TURN**

- &1-2 Step Left To Left, Lock Right Behind Left (On Balls Of Both Feet), Hold "I Long..."
- &3-4 Step Left To Left, Cross Rock Right Over Left, Recover On Left "For Yes..."
- 5-6 Make ¼ Turn Right Stepping Forward On Right, Make ½ Turn Right Stepping Back On Left "ter...." 03:00
- 7-8 Make ½ Turn Right Step Forward On Right, Stepping Forward On Left Make ¼ Pivot Right "day...ay-ay-ay" 12:00

**START AGAIN**

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