

Yesterday's Love

COPPERKNOB
STEPSHEETS

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Lee Crooks (UK) & Glad Jackson (UK)
音樂: After the Love Has Gone - Steps



Sequence: AB ACB AC CCCCC

PART A

STOMPS FORWARD, APPLEJACKS, STOMPS FORWARD, APPLEJACKS

- 1-2 Stomp right foot forward, stomp left foot beside right.
&3 Swivel left toe and right heel to the left, swivel left toe and right heel back to center.
&4 Swivel left heel and right toe to the right, swivel left heel and right toe back to center.
5-8 Repeat steps 1- 4

Hands: while dancing the applejacks, raise arms to prayer position

TOE TOUCHES TO EACH SIDE

- 9-10 With weight on left foot - touch right toe out to right side, step right foot beside left.
11-12 Touch left toe out to left side, step left foot beside right.
13-16 Repeat steps 9-12

Hands: when feet are out to sides- swing both arms out to sides. When feet are beside each other- bring arms in towards chest. (optional)

HEEL JACKS, MONTEREY ½ TURN RIGHT

- &17 Step back on right foot, touch left heel forward.
&18 Step left foot to center, step right foot beside left.
&19 Step back on left foot, touch right heel forward.
&20 Step right foot to center, step left foot beside right.
21-22 Touch right toe to right side, on ball of left foot spin ½ turn right stepping right beside left.
23-24 Touch left toe to left side, step left foot beside right.

TOE TOUCHES TO EACH SIDE, HEEL TOUCHES FORWARD

- 25-26 Touch right toe to right side while looking over right shoulder, touch right beside left while looking forward.
27-28 Touch right heel forward, step right foot beside left foot.
29-30 Touch left toe to left side while looking over left shoulder, touch left beside right while looking forward.
31-32 Touch left heel forward, step left foot beside right.

REPEAT ABOVE STEPS

- 33-64 Repeat steps 1-32 in Part A

PART B

BACKTRACKS, ROLLING VINE RIGHT

- 1-2 Step right foot diagonally back right, step left foot beside right while clapping hands together once.
3-4 Step left foot diagonally back left, step right foot beside left while clapping hands together once.
5-6 Step right foot ¼ turn right, on ball of right pivot ¼ turn right and step left foot to left side.
7-8 On ball of left foot pivot ½ right, touch left foot beside right.

LEFT CHASSE WITH ¼ TURN, PIVOT TURN, COASTER STEP, STEPS FORWARD

- 9&10 Step left foot to left side, step right foot beside left, step left foot ¼ turn left.

- 11-12 Step forward right, pivot ½ turn left.
- 13&14 Step back left, step right beside left, step forward on left.
- 15-16 Step forward on right foot, step left foot shoulder width apart from right.

KNEE POPS, ARM MOVEMENTS

- 17-18 Pop your right knee in towards left leg, replace right leg in its original position.
- 19-20 Pop your left knee in towards right leg, replace left leg in its original position.

Hands: keep elbows close to sides, and arms bent with palms facing up. (17) bring right hand diagonally down towards left hip. (18) bring right hand back to start position, (19) bring left hand diagonally down towards right hip. (20) bring left hand back to start position

- 21-22 Extend both arms out to sides, cross both arms over chest.
- 23 Touch left fingers on left shoulder and right fingers on right shoulder. (on one count)
- 24 Bring both arms down to sides.

TOE TOUCHES WITH SAILOR TURNS

- 25-26 Touch right toe forward, touch right toe out to right side.
- 27&28 Cross right foot behind left, step left foot ¼ turn right, rock right foot to right side.
- 29-30 Touch left toe forward, touch left toe out to left side.
- 31&32 Cross left foot behind right, step right foot ¼ turn left, rock left foot to left side.

REPEAT STEPS

- 33-64 Repeat steps 1-32 in Part B

VINE RIGHT, VINE LEFT WITH ¼ TURN

Hands: the following section should be danced with arms out to sides, elbows bent, and index finger touching thumb

- 65-66 Step right foot to right side, step left foot behind right.
- 67-68 Step right foot to right side, touch left foot beside right.
- 69-70 Step left foot to left side, step right foot behind left.
- 71-72 Step left foot ¼ turn left, touch right foot beside left.

REPEAT STEPS

- 73-80 Repeat steps 65-72 in Part B (including arm positions)

PART C

ARM PUSHES WITH ¼ TURN, STEP KICKS

- 1 Step right foot forward while pushing right arm forward with palm facing forward.
- 2 Push left arm forward with palm facing forward while pulling right arm back.
- 3 Pivot ¼ turn left while pushing right arm forward with palm facing forward and pulling left arm back.
- 4 Push left arm forward with palm facing forward while pulling right arm back.
- 5-6 Step forward right while pulling left arm back, kick left foot forward while placing arms by their sides.
- 7-8 Step forward left, kick right foot forward.

SMALL STEPS BACK, HAND MOVEMENTS, BOW

- &9 Step back on right foot, step left foot shoulder width apart from right.
- 10 Place hands in prayer position.
- 11-12 Bow forward, bring body back up straight.

REPEAT
