

Yesterday Once More (aka Mary's Dance)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Jan Wyllie (AUS)
音樂: Yesterday Once More - Carpenters : (CD: Greatest Hits 69-83)



SIDE ROCK/RETURN, & STEP ACROSS STEP RIGHT, & CROSS/SHUFFLE, ½ TURN

1-2 Rock/step right to right, rock/return weight sideways onto left
&3-4 Step right beside left, step left across right, step right to right
&5&6 Step left beside right, cross/shuffle left stepping right, left, right
7-8 Making ¼ right step back on left, making ¼ right step right to right side

CROSS SAMBA TWICE, ROCK RETURN, COASTER STEP

9&10 Rock/step left across right, rock back on right, step left to left
11&12 Rock/step right across left, rock back on left, step right to right
13-14 Rock/step forward on left, rock back on right
15&16 Step back on left, step right beside left, step forward on left

SHUFFLE FORWARD, ROCK RETURN, BACK LOCK STEP, ½ ROCK RETURN

17&18 Shuffle forward right, left, right
19-20 Rock/step forward on left, rock back on right
21&22 Step back on left, lock/step right in front of left, step back on left
23-24 Making ½ left rock/step forward on right, rock back on left

BACK LOCK STEP, ½ ROCK RETURN, STEP BACK TOUCH, SIDE TOUCH SIDE TOUCH

25&26 Step back on right, lock/step left in front of right, step back on right
27-28 Making ½ left rock/step forward on left, rock back on right
29-30 Step back on left, touch right beside left
&31 Step right to right, touch left beside right
&32 Step left to left, touch right beside left

REPEAT

TAG: At the END of wall 4

1-2-3&4 Rock/step back on right, rock forward on left, shuffle forward right, left, right making ½ turn left
5-6-7&8 Rock/step back on left, rock forward on right, shuffle forward left, right, left making ½ turn right

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