

Yesterday

拍數: 0 牆數: 4 級數: Intermediate
編舞者: David Sinfield (UK) - September 2007
音樂: Only Yesterday - Carpenters



Sequence: AAAA BC AAAA BC C

PART A

GRAPEVINE RIGHT, CROSS, SIDE, HOLD, BACK ROCK

1-4 Step right to right, cross left behind right, step right to right, cross left over right
5-8 Step right to right, hold one count, rock back on to left, replace weight onto right

GRAPEVINE LEFT, CROSS, SIDE, HOLD, BACK ROCK

1-8 Repeat steps of 1-8 in Part A leading with left foot

MONTEREY TURNS TO RIGHT

1-4 Touch right to right, on the ball of right spin ½ turn right, touch left to left, step left beside right
5-8 Repeat steps 1-4

ROCKING CHAIR, STEP PIVOT, STEP ¼ TURN

1-4 Rock forward on right, recover onto left, rock right back, recover onto left
5-6 Step right forward, pivot ½ turn left
7-8 Step right forward, pivot ¼ turn left

PART B

ROCK STEP, COASTER STEP, ROCK STEP, COASTER STEP

1-2 Rock right forward, recover onto left foot
3&4 Step right back, step left beside right, step forward right
5-6 Rock left forward, recover onto right foot
7&8 Step left back, step right beside left, step forward left

GRAPEVINE RIGHT, GRAPEVINE LEFT

1-4 Step right to right, cross left behind right, step right to right, touch left beside right
5-8 Step left to left, cross right behind left, step left to left, touch right beside left

ROCK STEP, COASTER STEP, ROCK STEP, COASTER STEP

1-2 Rock right forward, recover onto left foot
3&4 Step right back, step left beside right, step forward right
5-6 Rock left forward, recover onto right foot
7&8 Step left back, step right beside left, step forward left

GRAPEVINE RIGHT, GRAPEVINE LEFT

1-4 S tep right to right, cross left behind right, step right to right, touch left beside right
5-8 S tep left to left, cross right behind left, step left to left, touch right beside left

PART C

ROCK FORWARD, KICK BALL STEP, ROCK FORWARD, SHUFFLE ½ TURN RIGHT

1-2 Rock right forward, recover onto left foot
3&4 Kick right forward, step on the ball of right, step forward left
5-6 Rock right forward, recover onto left foot
7&8 Shuffle ½ turn right stepping right-left-right

ROCK FORWARD, KICK BALL STEP, ROCK FORWARD, SHUFFLE ½ TURN LEFT

1-8 Repeat steps 1-8 of section 1 of Part C leading with the left

CROSS, SIDE, BEHIND, TOUCH, CROSS, SIDE, BEHIND TOUCH

1-2 Cross right over left, step left to left
3-4 Cross right behind left. Touch left to left
5-6 Cross left over right, step right to right
7-8 Cross left behind right, touch right to right

CROSS TOUCH, CROSS TOUCH, CROSS UNWIND ½ TURN LEFT, KICK BALL STEP

1-2 Cross right over left, touch left forward
3-4 Cross left over right, touch right forward
5-6 Cross right over left, unwind ½ turn left
7&8 Kick right forward, step right in place off left, step forward left

STEP, PIVOT, SHUFFLE, STEP, PIVOT, SHUFFLE

1-2 Step right forward, pivot ½ turn left
3&4 Step right forward, step left beside right, step right forward
5-6 Step left forward, pivot ½ turn right
7&8 Step left forward, step right beside left, step left forward

CROSS, SIDE, BEHIND, TOUCH, CROSS, SIDE, BEHIND TOUCH

1-2 Cross right over left, step left to left
3-4 Cross right behind left. Touch left to left
5-6 Cross left over right, step right to right
7-8 Cross left behind right, touch right to right

CROSS TOUCH, CROSS TOUCH, CROSS UNWIND ½ TURN LEFT, KICK BALL STEP

1-2 Cross right over left, touch left forward
3-4 Cross left over right, touch right forward
5-6 Cross right over left, unwind ½ turn left
7&8 Kick right forward, step right in place off left, step forward left

STEP, PIVOT, SHUFFLE, STEP, PIVOT, SHUFFLE

1-2 Step right forward, pivot ½ turn left
3&4 Step right forward, step left beside right, step right forward
5-6 Step left forward, pivot ½ turn right
7&8 Step left forward, step right beside left, step left forward
