

# Yesterday

拍數: 0                      牆數: 4                      級數: Intermediate  
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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

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