Yesterday

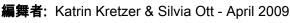|		
拍數: 32	牆數: 2	級數: Improver NC2

編舞者: Katrin Kretzer & Silvia Ott - April 2009

音樂: Yesterday - Leona Lewis

Alt. Music: Some People by LeAnn Rimes

Nightclub Basic Left, Nightclub Basic Right, Sway, Cross, Unwind Turn

1-2&	Large step left to left side, Cross step right behind left and cross left over right
3-4&	Large step right to right side, Cross step left behind right and cross right over left
5-6	Step left to left side & swing hips to left side and to right side
7-8	Cross step left over right and full turn on balls of the feets (Unwind turn) –weight on right foot-

Nightclub Basic Left, Side-Behind-Side, Cross, Step Right ¼ Turn-Step, Step Right-Full Turn

1-2&	Large step left to left side, Cross step right behind left and cross left over right
3-4&	Step right to right side, Cross step left behind right and step right to right side
5-6&	Cross step left over right, Step right to right side (lift left foot) with ¼ turn left 9:00 Recover onto left
7-8&	Step right to right side, ½ turn right & step left back and ½ turn right & step forward onto right

Side, Behind – ¼ Turn R, Walk, Walk, Walk, Rock FWD, Sweep, Behind Side

1-2&	Step left to left side, Cross step right behind left and ¼ turn right & step forward onto right 12:00
3-4&	Step forward onto right, step forward onto left, step forward onto right
5-6&	Rock forward onto left (right heel slightly raise), Recover onto right and recover onto left
7-8&	Recover onto right, sweeping left from front to back, Cross step left behind right and step right to right

Cross Walk, Cross-Side-Behind-Sweep-Behind-Side, Cross Rock over R & L, ¼ Turn R ¼ Turn R

1-2&	Cross step left over right, Cross step right over left and step left to left side
3-4&	Cross step right behind left, Sweep left from front to back & cross behind right and step right to right side
5-6&	Cross step left over right (right heel slightly raise), Recover onto right and step left to left side
7-8&	Cross step right over left (left heel slightly raise), Recover onto left and ¼ turn right & step forward onto right

(1) ¼ turn right and repeat in new direction.