

# Forget All Your Yesterdays

COPPER KNOB  
BY STEPHENETS

拍數: 48      牆數: 2      級數: Improver  
編舞者: Beth Mills (AUS) - April 2001  
音樂: Someone Must Feel Like a Fool Tonight - Kenny Rogers : (Album: Back Home Again)



Dance Beat: slow

Start: Feet together, weight on right foot

**\* Twinkle, twinkle (side waltz with a cross):**

1- 3            Cross LEFT over RIGHT, step RIGHT together, step LEFT together,  
4- 6            Cross RIGHT over LEFT, step LEFT together, step RIGHT together,

**\* Waltz forward with L 1/2 turn, waltz forward with R 1/2 turn:**

5- 8            Step LEFT forward, make 1/2 turn LEFT & step RIGHT back, step LEFT together,  
9-12           Step RIGHT forward, make 1/2 turn RIGHT & step LEFT back, step RIGHT together,

**\* Vine right, 1/2 turn, rock:**

13-15          Cross LEFT over RIGHT, step RIGHT to RIGHT side, cross LEFT behind RIGHT foot,  
16-18          Step RIGHT to RIGHT, make 1/2 turn RIGHT & step LEFT to LEFT, rock/step RIGHT to  
RIGHT side,

**\* Vine right, 1/2 turn, rock:**

19-21          Cross LEFT over RIGHT, step RIGHT to RIGHT side, step LEFT behind RIGHT foot,  
22-24          Step RIGHT to RIGHT, make 1/2 turn RIGHT & step LEFT to LEFT, rock/step RIGHT to  
RIGHT side,

**\* Waltz to right diagonal, waltz back with 1/2 turn:**

25-27          Make 1/8 turn RIGHT & step LEFT forward, step LEFT together, step RIGHT together,  
28-30          Step RIGHT back, make 1/2 turn RIGHT & step LEFT together, step RIGHT together,

**\* Waltz forward (facing diagonal), waltz back with 5/8 turn:**

31-33          Step LEFT forward, step LEFT together, step RIGHT together,  
34-36          Step RIGHT back, make 5/8 turn LEFT & step LEFT together, step RIGHT together [to face  
starting wall],

**\* Slow sailor, slow sailor:**

37-39          Cross LEFT behind RIGHT, step RIGHT to RIGHT side, rock/step LEFT to LEFT side,  
40-42          Cross RIGHT behind LEFT, step LEFT to LEFT side, rock/step RIGHT to RIGHT side,

**\* Behind, 1/4 turn, 1/4 turn waltz back:**

43-45          Cross LEFT behind RIGHT, 1/4 turn RIGHT & step RIGHT forward, make 1/4 turn RIGHT &  
step LEFT together,  
46-48          Step RIGHT back, step LEFT together, step RIGHT together.

Repeat

Transcribed: David Powell, 12th July, 2001.

<http://xenon.triode.net.au/~dragon/ldance>

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