Holding On To Yesterday (昨是今非) (zh)

Count: 32 **Wall:** 4 **Level:** Improver
Choreographer: Peter Metelnick (UK) & Alison Metelnick (UK) - 2009年03月
Music: I Told You So - Carrie Underwood & Randy Travis

前奏： start after 16 count intro

第一段 R Fwd, L Fwd Rock & Recover, L Back, R Coaster Cross, L Side Rock Cross, ½ L Hinge
右前, 左前下沉回復, 左後, 右海岸交叉, 左側下沉交叉, 左1/2

1 Step R forward 右足前踏

2&3 Rock L forward, recover weight on R, step L back
左足前下沉, 右足回復, 左足後踏

4&5 Step R back, step L together, cross step R over L
右足後踏, 左足併踏, 右足於左足前交叉踏

6&7 Rock L side, recover weight on R, cross step L over R
左足左下沉, 右足回復, 左足於右足前交叉踏

8& Turning ¼ left step R back, turning ¼ left step L side (6 o'clock)
左轉90度右足後踏, 左轉90度左足左踏(面向6點鐘)

第二段 R Cross Rock & Recover, R Side, L Cross Rock & Recover, ¼ L & L Fwd, R Fwd, ½ L Pivot Turn, ½ L & R Back, L Back, R Coaster Cross
右交叉下沉回復, 右側, 左交叉下沉回復, 左1/4左前, 右前, 左1/2, 左1/2右後, 左後, 右海岸步

1-2& Cross rock R over L, recover weight on L, step R side
右足於左足前交叉下沉, 左足回復, 右足右踏

3-4& Cross rock L over R, recover weight on R, turning ¼ left step L forward (3 o'clock)
左足於右足前交叉下沉, 右足回復, 左轉90度左足前踏(面向3點鐘)

5-6& Step R forward, pivot ½ left, turning ½ left step R back (3 o'clock)
右足前踏, 左轉180度, 左轉180度右足後踏(面向3點鐘)

7 Step L back 左足後踏

8&1 Step R back, step L back, cross step R over L
右足後踏, 左足後踏, 右足於左足前交叉踏

第三段 L Box, ¼ L & L Side Rock & Recover, L Behind-Side-Cross
左方塊, 左1/4左側下沉回復, 左後-旁-交叉

2&3 Step L side, step R together, step L forward
左足左踏, 右足併踏, 左足前踏

4&5 Step R side, step L together, step R back
右足右踏, 左足併踏, 右足後踏

6-7 Turning ¼ left rock L side, recover weight on R (12 o'clock)
左轉90度左足左下沉, 右足回復(面向12點鐘)

8&1 Cross step L behind R, step R side, cross step L over R
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

ENDING: On final wall the dance will end here. Strike a pose.
結束 最後一面牆跳至此時擺個姿勢結束

第四段 R Side Rock & Recover, R Behind, ¼ L & L Fwd, R Fwd, L Fwd, ½ R Pivot Turn, Full L Turn Fwd
右側下沉回復, 右後, 左1/4左前, 右前, 左前, 右1/2, 左轉圈

2-3	Rock R side, recover weight on L 右足右下沉, 左足回復
4&5	Cross step R behind L, turning ¼ left step L forward, step R forward (9 o'clock) 右足於左足後交叉踏, 左轉90度左足前踏, 右足前踏(面向9點鐘)
6&7	Step L forward, pivot ½ right, step L forward in extended 5th (3 o'clock) 左足前踏, 右轉180度, 左足前踏(面向3點鐘)
8& Non-turning option for 8& 選擇版	Turning ½ left step R back, turning ½ left step L forward (3 o'clock) 左轉180度右足後踏, 左轉180度左足前踏(面向3點鐘) step R forward, step L together 右足前踏, 左足併踏
TAG: 加拍	At the END of the 4th wall do the following 8 count tag facing the front wall and then restart the dance. 第四面牆結束面向前面牆時加跳這8拍後從頭起跳
1	Step R forward 右足前踏
2&3	Step L forward, pivot ½ right, step L forward 左足前踏, 右轉180度, 左足前踏
4&5	Step R forward, pivot ½ left, step R forward 右足前踏, 左轉180度, 右足前踏
6-8	Sway hips L, R, L 擺臀-左, 右, 左