Yesterday



拍数: 32 编数: Intermediate - NC

编舞者: Yonne Emalda - March 2012 音乐: Yesterday - Leona Lewis

R foot forward



Intro: 32 counts in, approx 17 sec

Nightclu 1/4 Turn	b Basic, Cross Unwind Full Turn, Sweep, Behind Side Cross Rock, Recover, Side, Cross Side Behind
1-2&	Step L foot to L side, cross R foot behind L foot, step L foot forward slightly cross over R foot
3-4&	Make a full turn R sweeping R foot from front to back, cross R foot behind L foot, step L foot to L side
5-6&	Cross R rock foot over L foot, recover weight on L foot, step R foot to R side
7&8&	Cross L foot over R foot, step R foot to R side, cross L foot behind R foot, turn 1/4 R stepping

Pivot ½ Turn, ½ Turn Sweep, Behind Side Cross, Sweep, Cross Side, Back Rock And Recover, ¼ Turn, ¼ Turn

Step L foot forward, turn ½ R (follow the tune and beat of the music) – weight on your R foot
Turn another $\frac{1}{2}$ L sweeping L foot from front to back, cross L foot behind R foot, step R foot to R side
Cross L foot over R foot sweeping R foot out from back to front, cross R foot over L foot, step L foot to L side
Cross rock R foot behind L foot, recover weight on L foot, turn $\frac{1}{4}$ L stepping R foot back, turn $\frac{1}{4}$ L stepping L foot forward

Slow Walk X2, Pivot ½ Turn Forward, Slow Walk X2, Pivot ½ Turn, Lock Step Forward

olon transfer in the 72 rains of that a continuate in the 172 rains a continuate		
1-2	Step R foot and L foot forward slowly	
3&4	Step R foot forward, turn ½ L, step R foot forward	
5-6	Step L foot and R foot forward slowly	
7&8&	Step L foot forward, turn ½ R, step L foot forward, lock R foot behind L foot	

Forward, Sweep, Cross Rock Step, Cross Rock, Recover, Scissors Cross X2, ¼ Turn, ½ Turn

1-2&	recover weight on L foot
3-4&	Step R foot to R side, cross rock L foot over R foot, recover weight on R foot
5&6	Step L foot to L side, step R foot beside L foot, cross L foot over R foot
&7&	Step R foot to R side, step L foot beside R foot, cross R foot over L foot
8&	Turn ¼ R stepping L foot back, turn ½ R stepping R foot forward