

# Yesterday

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**Count:** —                    **Wall:** 4                    **Level:** Intermediate

**Choreographer:** David Sinfield (Ireland) Sept '07

**Music:** Only Yesterday by The 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  $\frac{1}{2}$  turn right, touch left to left, step left beside right
- 5-8**            Repeat steps 1-4

## **ROCKING CHAIR, STEP PIVOT, STEP $\frac{1}{4}$ TURN**

- 1-4**            Rock forward on right, recover onto left, rock right back, recover onto left
- 5-6**            Step right forward, pivot  $\frac{1}{2}$  turn left
- 7-8**            Step right forward, pivot  $\frac{1}{4}$  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 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

### **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  $\frac{1}{2}$  turn left
- 3&4** Step right forward, step left beside right, step right forward
- 5-6** Step left forward, pivot  $\frac{1}{2}$  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 $\frac{1}{2}$ 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  $\frac{1}{2}$  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  $\frac{1}{2}$  turn left
- 3&4** Step right forward, step left beside right, step right forward
- 5-6** Step left forward, pivot  $\frac{1}{2}$  turn right
- 7&8** Step left forward, step right beside left, step left forward