

Yesterday

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Count: 49 **Wall:** 2 **Level:** Phrased Advanced

Choreographer: Alan Birchall & Jacqui Jax (Nuline Dance) September 2019

Music: Yesterday - The Beatles. Album: Help! & Numerous Compilations - Amazon / iTunes

Sequence: A.A.B.A.B.A. ENDING

Start: On Lyrics Seconds: 5 Counts: 8 BPM: 96

Note: This Dance Is LYRICALLY Driven - FEEL The Song & Enjoy

'A' - Lyric Prompts - In Step Description

[1-8] CROSS, SIDE, INPLACE, CROSS, $\frac{3}{4}$ TURN, PRESS, RECOVER, BACK SWEEPS

- 1&2** Cross Left Over Right, Step Right To Right, Close Left In Place "Yesterday..."
- 3&4** Cross Right Over Left, Make $\frac{1}{4}$ Turn Right Stepping Back On Left, Make $\frac{1}{2}$ Turn Right Stepping Forward On Right "All My..." 09:00
- 5-6** Press Forward On Left, Recover On Right Sweeping Left "Troubles Seemed..."
- 7-8** Step Back On Left Sweeping Right, Step Back On Right Sweeping Left "So Far Away..."

[9-17] ROCK, RECOVER, $\frac{3}{4}$ TURN, CROSS, SIDE, INPLACE, CROSS, SIDE, BEHIND, SWEEP, ROCK, RECOVER, STEP, DRAG

- 1-2** Rock Back On Left, Recover On Right "Now..."
- &3** Make $\frac{1}{2}$ Turn Right Stepping Back On Left, Make $\frac{1}{4}$ Turn Right Stepping Right To Right "It Looks As Though They're..." 06:00
- 4&5** Cross Left Over Right, Step Right To Right, Close Left In Place "Here To Stay..."
- 6&7&** Cross Right Over Left, Step Left To Left, Cross Right Behind Left Slowly Sweeping Left "Oh I Believe..."
- 8&1** Rock Back On Left, Recover On Right, Take A Big Step To Left Dragging Right To Left "In Yes-ter-day"

ENDING: CROSS, SIDE, INPLACE, CROSS, FULL TURN, CROSS, SWEEP, TOUCH

- 1&** Cross Left Over Right, Step Right To Right, Close Left In Place "mm mm mm mm..."
- 2&3** Cross Right Over Left, Make $\frac{1}{4}$ Turn Right Stepping Back On Left, Make $\frac{1}{2}$ Turn Right Stepping Forward On Right

&4 Stepping Forward On Left Make $\frac{1}{4}$ Pivot Right, Cross Left Over Right, Sweep Right & Touch Right By Left "mm mm mmmm..." 12:00

'B' - Lyric Prompts - In Step Description

[1-8] $\frac{1}{4}$ FALLAWAY TURN, STEP, STEP, FULL SPIRAL TURN

1-2-3 Cross Left Over Right To Diagonal, Step Right To Right, Turning Slightly Left Step Back On Left "Why..." 10:30

4-5 Step Back On Right, Turning Slightly Left Step Left To Left "She..." 09:00

6-7-8 Step Forward On Right, Step Forward On Left, Make Full Spiral Turn Left Stepping Forward On Right " Had To Go..."

[9-16] STEP, ROCK, RECOVER $1\frac{3}{4}$ TURN

1-2 Step Forward On Left, Rock Forward On Right " I Don't..."

3-4 Recover On Left, Make $\frac{1}{2}$ Turn Right Stepping Forward On Right "Know She..." 03:00

5-6 Make $\frac{1}{2}$ Turn Right Stepping Back On Left, Make $\frac{1}{2}$ Turn Right Stepping Forward On Right "Wouldn't..."

7-8 Stepping Forward On Left Make $\frac{1}{4}$ Pivot Right "Say..." 06:00

[17-24] CROSS POINT, BACK POINT, JAZZ BOX, CROSS

1-2 Cross Left Over Right, Point Right To Right " I..."

3-4 Cross Right Behind Left, Point Left To Left "Said..."

5-6 Cross Left Over Right, Step Back On Right "Something..."

7-8 Step Left To Left, Cross Right Over Left "Wrong Now..."

[25-32] STEP, LOCK, HOLD, ROCK, RECOVER, $1\frac{1}{2}$ TURN

&1-2 Step Left To Left, Lock Right Behind Left (On Balls Of Both Feet), Hold "I Long..."

&3-4 Step Left To Left, Cross Rock Right Over Left, Recover On Left "For Yes..."

5-6 Make $\frac{1}{4}$ Turn Right Stepping Forward On Right, Make $\frac{1}{2}$ Turn Right Stepping Back On Left "ter...." 03:00

7-8 Make $\frac{1}{2}$ Turn Right Step Forward On Right, Stepping Forward On Left Make $\frac{1}{4}$ Pivot Right
"day...ay-ay-ay" 12:00

START AGAIN

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