

## YESTERDAY

Choreographers: Alan G. Birchall & Jacqui Jax (Nuline Dance)

Level: Phrased Advanced

Dance: '49' Counts Walls: 2

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

Music: Yesterday – The Beatles

Album: Help! & Numerous Compilations Available: Amazon/iTunes

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, ¾ 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 ¼ Turn Right Stepping Back On Left, Make ½ 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, ¾ TURN, CROSS, SIDE, INPLACE, CROSS, SIDE, BEHIND, SWEEP, ROCK, RECOVER, STEP, DRAG

- 1-2 Rock Back On Left, Recover On Right *"Now..."*
- 8&3 Make ½ Turn Right Stepping Back On Left, Make ¼ 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 ¼ Turn Right Stepping Back On Left, Make ½ Turn Right Stepping Forward On Right
- 4& Stepping Forward On Left Make ¼ 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] ¼ 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 1¾ TURN

- 1-2 Step Forward On Left, Rock Forward On Right *"I Don't..."*
- 3-4 Recover On Left, Make ½ Turn Right Stepping Forward On Right *"Know She..."* 03:00
- 5-6 Make ½ Turn Right Stepping Back On Left, Make ½ Turn Right Stepping Forward On Right *"Wouldn't..."*
- 7-8 Stepping Forward On Left Make ¼ 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, 1½ TURN

- 8&1-2 Step Left To Left, Lock Right Behind Left (*On Balls Of Both Feet*), Hold *"I Long..."*
- 8&3-4 Step Left To Left, Cross Rock Right Over Left, Recover On Left *"For Yes..."*
- 5-6 Make ¼ Turn Right Stepping Forward On Right, Make ½ Turn Right Stepping Back On Left *"ter..."* 03:00
- 7-8 Make ½ Turn Right Step Forward On Right, Stepping Forward On Left Make ¼ Pivot Right *"day...ay-ay-ay"* 12:00

START AGAIN

Video Link: <https://vimeo.com/356968931>

