So Yesterday (愛情過去式) (zh)

Count: 32 **Wall:** 2 **Level:** Intermediate
Choreographer: Jo Kinser (UK) & Mark Furnell (UK) - 2009年10月
Music: Yesterday - Toni Braxton

前奏： Start 16 counts in on the vocals (0:12).

第一段 Fwd, Step, Full Turn, Back Lock Step, Side, Rock, Cross, Side, Cross
前, 踏, 轉圈, 後鎖步, 側, 下沉, 交叉, 側, 交叉

1 Step Rt fwd 右足前踏

2&3 Step Lt fwd making 1/2 turn Rt (in place), Step Rt fwd, Make a 1/2 turn Rt stepping back Lt
左足前踏, 右轉180度右足前踏, 右轉180度左足後踏

4&5 Step Rt back, Lock Lt in front of Rt, Step Rt back
右足後踏, 左足於右足前鎖踏, 右足後踏

6 Step Lt a big step to Lt 左足左一大步

7& Step ball of Rt behind Lt heel, Make 1/4 turn Lt crossing Lt over Rt 右足於左足踵後踏, 左轉90度
左足於右足前交叉踏

8& Step Rt to Rt, Cross Lt over Rt 右足右踏, 左足於右足前交叉踏

第二段 Side, Rock Replace, Side, Rock 1/4 Side, Rock Turn Hook, Step Lock
側, 下沉回復, 側 下沉 1/4側, 下沉 轉 勾, 踏 鎖

1 2& Step Rt a big step to Rt,Rock Lt back, Replace weight Rt over Lt, 右足右一大步, 左足後下沉, 右
足回復,

3 4& Step Lt to Lt, Rock Rt back, Replace weight Lt,
左足左踏, 右足後下沉, 左足回復,

5 6& Make 1/4 turn Lt stepping Rt to Rt, Rock Lt back, Replace weight Rt over Lt 左轉90度右足右踏,
左足後下沉, 右足回復

7& Make a 1/4 turn Rt stepping back Lt, Make a 1/2 turn Rt hooking Rt in front of Lt 右轉90度左足後
踏, 右轉180度右足於左足前勾

8& Step Rt fwd, Lock Lt behind Rt 右足前踏, 左足於右足後踏

第三段 Lunge, Back, Coaster Step, Rock Replace, Triple Full Turn Sweep
曲膝, 後, 海岸步, 下沉回復, 三步轉圈 繞

1,2 Lunge fwd on Rt, Replace weight Lt stepping back Lt
右足前曲膝踏, 左足回復

3&4 Step back Rt, Step Lt next to Rt, Step Rt fwd
右足後踏, 左足併踏, 右足前踏

5,6 Rock Lt fwd, Replace weight Rt 左足前下沉, 右足回復

7&8 Make a full turn Lt in place (walk around turn) Lt, Rt, Lt
三步左轉圈-左, 右, 左

& Sweep the Rt foot from back to front 右足由後繞至前

第四段 Cross-Tap, Back Lock Back, Turn, Side, Rock & Turn Turn Hitch
交叉-點, 後鎖步, 轉, 側, 下沉 轉轉抬

1 Crossing Rt in front of Lt as Lt foot taps behind Rt (3 o'clock)
右足於左足前交叉踏左足後點(面向3點鐘)

2&3 Step Lt back angling body diagonally Rt (5 o'clock), Lock Rt in front of Lt, Step Lt back
左足後踏身體轉向右斜角(面向5點鐘), 右足於左足前鎖踏, 左足後踏

4,5	Make 1/8th turn Rt stepping Rt fwd (6 o'clock), Make 1/4 turn Rt stepping Lt to Lt (9 o'clock) 右轉45度右足前踏, 右轉90度左足左踏
6&7	Rock Rt back, Replace weight Lt, Make 1/4 turn L t stepping Rt back (6 o'clock) 右足後下沉, 左足回復, 左轉90度右足後踏(面向6點鐘)
8&	Make 1/2 turn Lt stepping Lt fwd (12 o'clock), Make 1/2 turn Lt in place hitching Rt (6 o'clock) 左轉180度左足前踏(面向12點鐘), 左轉180度右足抬(面向6點鐘)
