

# YESTERDAY

Choreography: Sam Young (UK)  
Type : 32 count, Night Club 2 Step Progressive Partner  
Music : "Yesterday" by Leona Lewis

**This is a progressive night club two-step starting with the leader facing outside the circle and the follower facing inside (facing each other) with hands held at thigh level.**

## LEADER STEPS

### SIDE BASIC WITH AN INSIDE TURN X2

- 1 Step R to Right side
- 2 Close L into 5<sup>th</sup> position
- & Right steps across towards L side
- 3 Left steps ¼ turn to the L down LOD  
(face partner)
- 4 Right steps forward LOD
- & Left steps forward LOD
- 5 ¼ turn to the Right and step to the side
- 6 Close L into 5<sup>th</sup> position
- & Right steps across towards L side
- 7 Left steps ¼ turn to the L down LOD  
(face partner)
- 8 Right steps forward LOD
- & Left steps forward LOD

### SIDE BASIC WITH UNDERARM TURN, SPIN, WEAVE

- 9 ¼ turn to the Right and step to the side
- 10 Close L into 5<sup>th</sup> position
- & Step forward with the Right  
(towards the outside)
- 11 Step L forward ½ turn R
- 12 Rotate ¼ to the Right and step R
- & ½ turn to the Right and step L back
- 13 Rotate a ¼ turn R to face your partner  
and step on R
- 14 Cross L over R
- & Step R to the Right side
- 15 Step L behind Right whilst sweeping R  
from front to back
- 16 Step R behind Left
- & Step L to Left side

## FOLLOWER STEPS

### SIDE BASIC WITH AN INSIDE TURN X2

- 1 Step L to Left side
- 2 Close R into 5<sup>th</sup> position
- & Left steps across towards R side
- 3 Right steps diagonally left at 45% and  
makes a ¼ turn to the L (face partner)
- 4 Left ½ turn L stepping back
- & Rotate ½ to the L stepping back
- 5 ¼ turn to the Left and step to the side
- 6 Close R into 5<sup>th</sup> position
- & Left steps across towards the R side
- 7 Right steps diagonally left at 45% and  
makes a ¼ turn to the L (face partner)
- 8 Left ½ turn L and step forward on L
- & Rotate ½ to the L stepping back

### SIDE BASIC WITH UNDERARM TURN, SPIN, WEAVE

- 9 ¼ turn to the Left and step to the side
- 10 Close R into 5<sup>th</sup> position
- & Step forward with the Left  
(towards the centre)
- 11 Step R forward ½ turn L
- 12 Rotate ¼ to the Left and step L
- & ½ turn to the Left and step L back
- 13 Rotate a ¼ turn L to face your partner  
and step on L
- 14 Cross R over L
- & Step L to the Left side
- 15 Step R behind Left whilst sweeping L  
from front to back
- 16 Step L behind Right
- & Step R to Right side

**ROCK REPLACE RIGHT TURN, CHECK, WEAVE**

- 17 Cross R in front of Left  
 18 Rock back on L  
 & Replace weight onto R  
 19 Step forward with L  
 20 Turn ½ R while stepping R to side  
 & Hold  
 (you should be facing your partner's back)  
 21 Cross rock L over R  
 22 Recover onto the R  
 & Step L to Left side  
 23 Cross R over L  
 24 Step L to Left side  
 & Step R behind L

**STEP, CROSS HOLD, RECOVER, TURN, SIDE BASIC****X2**

- 25 Step Left to L side  
 26 Extend R to Right side weight L and hold  
 & Hold  
 27 Hold  
 28 Draw R in slowly to weighted L  
 & Continue drawing R to close to L  
 29 Step R to Right side  
 (facing your partner)  
 30 Close L into 5<sup>th</sup> position  
 & Right steps across towards the L side  
 31 Step L to Left side  
 32 Close R into 5<sup>th</sup> position  
 & Left steps across towards the R side  
 (ready to start again)

**(For hand holds & changes please refer to the video)**

**ROCK REPLACE RIGHT TURN, CHECK, WEAVE**

- 17 Cross L in front of Right  
 18 Rock back on R  
 & Replace weight onto L  
 19 Step forward with R  
 20 Turn ½ R while stepping onto L  
 & Continue turning another ½ and step onto R (you should have your back to your partner)  
 21 Cross rock L over R  
 22 Recover onto the R  
 & Step L to Left side  
 23 Cross R over L  
 24 Step L to Left side  
 & Step R behind L

**STEP, CROSS HOLD, RECOVER, TURN, SIDE BASIC****X2**

- 25 Step Left to L side  
 26 Step R diagonally forward and hold  
 & Hold  
 27 Hold  
 28 Recover weight back onto the L  
 & ¼ turn R and step onto R  
 29 ¼ turn R and step L to left side  
 (facing your partner)  
 30 Close R into 5<sup>th</sup> position  
 & Left steps across towards the R side  
 31 Step R to Right side  
 32 Close L into 5<sup>th</sup> position  
 & Right steps across towards the L side  
 (ready to start again)

**(For hand holds & changes please refer to the video)**