

Yesterday Once More (Adaptation)

64 Count, 4 Wall, Improver

Choreographer: Totoy Pinoy (USA), Sol Flores (CAN)
and Bobbey Willson (USA) Feb. 2016

Choreographed to: Yesterday Once More
by Filipino Reggae

#16 Beat Intro, then 16 Beat "Dance through" w/ Hip Rolls, Begin with lyrics at Beat 33

S1: Modified Weave To Right W/Touch, Modified Weave To Left W/ Touch

1 2 3 4 Step R to right, Cross L over R, Step R to right, Touch L behind to diagonal
5 6 7 8 Step L to left, Cross R over L, Step L to left, Touch R behind to diagonal

S2: [9-16] Repeat Above 1-8 As 9-16

S3: R Step-Fwd W/ Touches, L Step-Back W/ Touches

1 2 3 4 Step R fwd, Touch L fwd, Touch L back, Touch L fwd
5 6 7 8 Step L back, Touch R back, Touch R fwd, Touch R back

S4: [9-16] Repeat Above 1-8 As 9-16

S5: Steps Fwd W/Touch To Side, Steps Back W/ Touch To Side

1 2 3 4 Step R fwd, Step L fwd, Step R fwd, Touch L to left
5 6 7 8 Step L back, Step R back, Step L back, Touch R to right

S6: [9-16] Repeat Above S5:1-8 As 9-16

S7: Hip Rolls

1 2 Step R to right rolling hips to right, Touch L to left and face left
3 4 Step L to left rolling hips to left, Touch R to right and face right
5-8 Repeat above 1-4 as 5-8

S8: Kicks & Step-Turns 1/8 (Use 1/4 Turn For 2 Wall Dance, Total 1/2 In 1-8)

1 2 3 4 Kick R, Kick L, Touch R fwd, Turn 1/8 left and shift full weight to L (roll hips)
5-8 Repeat above 1-4 as 5-8

Tag - 8 Counts - Sway Rlrl Or Hip Rolls - Finish With Weight On L

Tag Occurs After Every Second Wall (i.e.: 2, 4..), Before Each Odd Numbered Wall.

Option for Section 1 - Right Chasse Touch, Left Chasse Touch

1 2 3 4 Step R to right, Step L to R, Step R to right, Touch L back
5 6 7 8 Step L to left, Step R to L, Step L to left, Touch R back

9-16 Repeat above steps 1-8 as 9-16

Option for 2 wall - Use 1/4 turn in place of 1/8 turn on S 5: 4

This current dance is an adaptation including the dance posted in the name for choreographer as Totoy Pinoy (TP), and a popular version of TP's shared as the choreography of both TP and Sol Flores (SF). This dance combines the best of both with a simpler finish to the routine to fit the phrasing of the song while still

maintaining the integrity of the dance. I hope you will enjoy this variation as well!
(It's also a little easier on the knees than the S.F. version)