

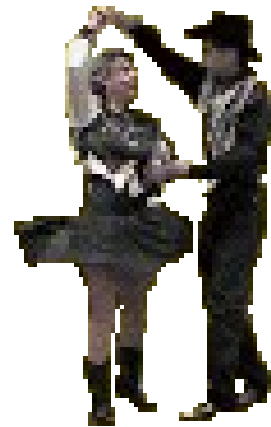
Yesterday's Bed

Choreographed by :Karen & Nigel Poll - March 2022 pollykaz7@live.co.uk

Tel 01379 853571 [Still Dancing Line/Partner Dance Club](#)

Description : 64 Count Partner Dance, **Opposite Footwork Throughout**
Man Steps Listed Man Facing RLOD, Lady Facing LOD,
Left Shoulder to Left Shoulder, Open Hand Hold.

Music: **Yesterdays Bed - Troy Cassar Daley**



Step $\frac{1}{2}$ Turn, Shuffle, Step $\frac{1}{2}$ Turn Shuffle (Open Hand Hold)

1 - 4 **Man** - Step Back Right, Turn $\frac{1}{2}$ Left, Step Forward Left, Right Shuffle Forward (LOD)

Lady- Step Forward Left, Turn $\frac{1}{2}$ Left, Step Back Right, Left Shuffle Back (RLOD)

5 - 8 **Man** - Step Back Left, Turn $\frac{1}{2}$ Right, Step Back Right, Left Shuffle Back (RLOD)

Lady- Turn $\frac{1}{2}$ Right, Step Forward Right, Left, Right Shuffle Forward (LOD)

Pinwheel $\frac{1}{2}$ Turn, Side Together Shuffle Forward, Lady Walk Behind Man $\frac{1}{2}$ Turn

9 - 12 **Both** -Walk, Walk Shuffle Turning $\frac{1}{2}$ Left (Man facing LOD, Lady facing RLOD)

13-16 **Man** - Step Side Left, Step Right Beside Left, Left Shuffle Forward (LOD) (Let go Hands)

Lady - Walk Right, Left, Turning $\frac{1}{4}$ (Behind Man) Right Shuffle $\frac{1}{4}$ into LOD on Right Side of Man

Step Forward, Pivot $\frac{1}{2}$ Turn (away from Partner), Shuffle $\frac{1}{2}$ Turn, Rock Recover Shuffle Forward

17-20 **Both** - Step Forward, Pivot $\frac{1}{2}$ Turn (Away from Partner), Shuffle $\frac{1}{2}$ Turn (LOD)

21-24 **Both** - Rock Back, Recover, Shuffle Forward into LOD (Pick up Inside Hands)

Walk, Walk Shuffle, Lady $\frac{1}{2}$ Shuffle. Walk Walk Shuffle

25-28 **Man** - Walk Right, Left, Right Shuffle into LOD (Lady, Turn under Man's Right Arm)

Lady - Turn $\frac{1}{2}$ Right Step back Left, Step back Right Left Shuffle back

29-32 **Both** - Walk, Walk, Shuffle (Man forward, Lady back) (Closed Weston)

Man Step Pivot $\frac{1}{2}$ Turn Shuffle, Lady Rock Recover Shuffle, Side Together Shuffle

33-36 **Man** - Step Forward Right Pivot $\frac{1}{2}$ Left, Right Shuffle Forward (Man goes under Ladies Right Arm)

Lady - Rock Back Left, Recover Right, Left Shuffle forward

37-40 **Both** - Side Together (Man behind Lady - Changing Sides) Shuffle Forward in RLOD

Cross Rock (Away from Partner) Shuffle $\frac{1}{4}$ Turn, Weave $\frac{1}{4}$ Step Forward

41-44 **Man** - Cross Rock Right over Left, Recover on Left, Side Shuffle $\frac{1}{4}$ Right (Facing ILOD)

Lady - Cross Rock Left over Right, Recover on Right, Side Shuffle $\frac{1}{4}$ Left (Facing OLOD)

45-48 **Man** - Cross Left over Right, Step Right to Right Side, Cross Left Behind Right, Turn $\frac{1}{4}$ Right Step Forward Right into LOD

Lady - Cross Right over Left, Step Left to Left Side, Cross Right Behind Left, Turn $\frac{1}{4}$ Left Step Forward Left into LOD

Step Pivot $\frac{1}{2}$ Turn Shuffle, Walk Walk Shuffle (Changing Sides) Lady $\frac{1}{2}$ Turn Shuffle Backwards.

49-52 **Both** - Step Pivot $\frac{1}{2}$ (facing RLOD) Shuffle Forward

53-56 **Man** - Walk Right, Left Right Shuffle Forward

Lady - Turn $\frac{1}{4}$ Right Step Back Left, Step Back Right, Left Shuffle Backwards (Facing LOD)

Rocking Chair, Rock Recover Step Touch

57 - 60 **Man** - Left Rocking Chair (Facing RLOD)

Lady - Backwards, Right Rocking Chair (Facing LOD)

61 - 64 **Man** - Rock Forward Left, Recover on Right, Step Back Left, Touch Right Beside Left

Lady - Rock Back Right, Recover on Left, Step Forward Right, Touch Left Beside Right.

Start Again