Chasing Yesterday

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Shelly Guichard (UK) & Mark Guichard (UK) - February 2026
Music: If I Could Just Let You Go - Country Angel

One 4 count tag danced twice, 2 Restarts.
Intro 32 counts – approx. 16 secs.

Sway Right, Sway Left, Chasse Right, Back Rock, Recover, Side, Behind.

1,2	Sway R, sway L.
3&4	Step R to R side, step L beside R, step R to R side.
5,6	Cross rock L behind R, recover weight to R.
7,8	Step L to L side, cross R behind L. (12.00).

Sway Left, Sway Right, Chasse Left, Back Rock, Recover, Step, ½ Pivot Turn Left.

1,2	Sway L, sway R.
3&4	Step L to L side, step R beside L, step L to L side.
5,6	Facing 1.30 diagonally cross rock R behind L, recover weight L. 1.30.
7,8	Still facing 1.30 step forward on R, make ½ turn L. *R1 begin again facing 6.00 (see note below). (7.30)

Forward Rock Recover, Right Lock Step, Rock Recover, Left Shuffle Back.

1,2	Facing 7.30 rock forward on R, recover weight to L.
3&4	Step forward on R, cross L behind R, step forward on R.
5,6	Rock forward on L, recover weight to R.
7&8	Shuffle back L, R , L. (7.30)

Back Rock, Recover, Shuffle ½ Turn Left, Back Rock, Recover, Step, Point.

1,2	Rock back on R, recover weight to L.
3&4	Shuffle ½ turn L stepping R, L, R. (1.30).
5,6	Rock back on L, recover weight to R.
7,8	Step forward L, **R2** (See step change below). point R to R side. (1.30)

Jazzbox 1/8 Turn Right with Cross, Side, Behind, Chasse ¼ Turn Right.

1-4	Making 1/8 turn R cross R over L, step back on L, step R to R side, cross L over R. (3.00).
5,6	Step R to R side, cross step L behind R.
7&8	Step R to R side, step L beside R, make ¼ turn R stepping forward on R. (6.00)

Forward Rock, Recover, Chasse ¼ Turn Left, Cross, Side, Behind, ¼ Turn Left.

1,2	Rock forward on L, recover weight to R.
3&4	Make ¼ turn L stepping L to L side, step R beside L, step L to L side.
5-8	Cross R over L, step L to L side, cross step R behind L, make ¼ turn L stepping forward on L. (12.00)

Forward Rock, Recover, Full Triple Turn Right, Forward Rock, Recover, Shuffle ½ Turn Left.

1,2	Rock forward on R, recover weight to L.
3&4	Full triple turn R stepping R, L, R – (Non turning – R Coaster Step).
5,6	Rock forward on L, recover weight to R.
7&8	Shuffle ½ turn L stepping L, R, L. (6.00)

Right Jazzbox, V Step.

1-4	Cross R over L, step back on L, step R to R side, step forward on L.
5-8	Step R to R diagonal, step L to L diagonal, step R back to centre, step L beside R. (6.00)

Tag end of walls 1 and 4 – Begin again.
Right Rocking Chair

1-4	Rock forward on R, recover weight to L, rock back on R, recover weight to L.

Restart 1 during wall 3 – dance to count 16 – straighten up to 6.00 and begin again.
Restart 2 and step change during wall 6 – dance up to count 31, straighten up facing 6.00 and touch R beside L - begin again.
