

# More Today Than Yesterday

**Dance By:** Bev Oren, 2265 E. Lakeside Place #302, Corona, CA 92879, (951) 371-8814  
BevQsRnds@aol.com

**Record:** Columbia 13-33166, "More Today Than Yesterday" by Spiral Staircase," flip "No One For Me To Turn To"

**Rhythm/Phase:** Jive, ROUNDALAB Phase III+2 (Amer Spin, Windmill)

**Position:** INTRO – CP WALL, DANCE – CP WALL

**Footwork:** Opposite, directions for M (except where noted)

**Sequence:** INTRO, A, B, C, A, C, END

**Time:** 3:00 @ 42-43 RPM  
**Released:** December 2005

## INTRO

[CP WALL] WAIT; WAIT; CHASSE L & R [CP WALL];

1-2 CP WALL wait 2 measures;;  
3 {Chasse L&R} CP WALL sd L/cl R, sd L, sd R/cl L, sd R;

[CP WALL] FALLAWAY THROWAWAY – BOTH fc WALL [LOP, BOTH fcg WALL] ~ RK BK, REC, SD CHASSE–LADY IN FRONT [OP, BOTH fcg WALL] ~ RK BK, REC, SD CHASSE–MAN IN FRONT [LOP, M fcg LOD] ~ LINK RK to CP WALL;;;;;

4-8 {Falwy Thrwy} CP WALL rk bk L to SCP LOD, rec R to fc, sd L/cl R, sd L; Sd R/cl L, sd R (W sd & bk L/cl R, sd L trng 1/2 LF) to LOP BOTH FCG WALL,  
{Rk Bk, Rec, Sd Chasse} LOP BOTH FCG WALL rk bk L, rec R releasing hand hold; Sd L/cl R, sd L changing sides as W travels *in front* of M to OP BOTH FCG WALL,  
{Rk Bk, Rec, Sd Chasse} OP BOTH FCG WALL rk bk R, rec L releasing hand hold; Sd R/cl L, sd R changing sides as W travels *behind* M to LOP FCG LOD,  
{Link Rk} LOP FCG LOD rk bk L, rec R; Fwd L/cl R, fwd L to CP WALL, sd R twd RLOD/cl L, sd R;

## PART A

[CP WALL] FALLAWAY ROCK ~ CHG PLCS R to L [LOP, M fcg LOD];;

1-3 {Falwy Rk} CP WALL rk bk L to SCP LOD, rec R to CP WALL, sd L/cl R, sd L; Sd R/cl L, sd R,  
{Chg Plcs R-L} CP WALL rk bk L, rec R; Sd L/cl R, sd L trng 1/4 LF (W sd R/cl L/fwd R trng 3/4 RF under joined lead hands) to LOP FCG LOD, sd & fwd R/cl L, sd R;

[LOP, M fcg LOD] CHG PLCS L to R [LOP, M fcg WALL] ~ LINK RK to CP [CP WALL];;

4-6 {Chg Plcs L-R} LOP FCG LOD rk bk L, rec R, sd L/cl R, sd L trng 1/4 RF; Sd R/cl L, sd R (W fwd R/cl L, fwd R commence LF trn under joined lead hands, sd L, cl R/sd L cont LF trn to fc ptr) to LOP FCG WALL,  
{Link Rk} LOP FCG WALL rk bk L, rec R; Small fwd L/cl R, fwd L to CP WALL, sd R twd RLOD/cl L, sd R;

[CP WALL] RT TURNING FALLAWAY [CP COH] ~ JIVE WALKS to RLOD [SCP RLOD];;

7-9 {R Trng Falwy} CP WALL rk bk L to SCP LOD, rec R to CP WALL, sd L/cl R, sd L trng 1/4 RF; Sd R/cl L, sd R trng 1/4 RF to CP COH,  
{Jive Walks} CP COH rk bk L, rec R to SCP RLOD; Fwd L/cl R, fwd L, fwd R/cl L, fwd R;

[SCP RLOD] THROWAWAY; CHG PLCS R to L [LOP, M fcg WALL] ~ begin WINDMILL – 2X [BFLY COH];;

10 {Thrwy} SCP RLOD sd L/cl R, sd L to CP RLOD, sd R/cl L, sd R (W sd & bk L/cl R, sd L) to LOP FCG RLOD;  
11-13 {Chg Plcs R-L} LOP FCG RLOD rk bk L, rec R, sd L/cl R, sd L trng 1/4 LF (W rk bk R, rec L, sd R/cl L/fwd R trng 3/4 RF under joined lead hands); Sd & fwd R/cl L, sd R blending to BFLY WALL,  
{Windmill} BFLY WALL rk bk L, rec R; Fwd L/cl R, fwd L trng 1/4 LF, sd R/cl L, sd R trng 1/4 LF to BFLY COH;

[BFLY COH] finish WINDMILL – 2X ~ BASIC RK [CP WALL];;

14-16 {Windmill, cont} BFLY COH rk bk L, rec R, fwd L/cl R, fwd L trng 1/4 LF; Sd R/cl L, sd R trng 1/4 LF to BFLY WALL,  
{Basic Rk} BFLY WALL rk bk L, rec R; Blending to CP WALL sd L/cl R, sd L, sd R/cl L, sd R;

## PART B

[CP WALL] FALLAWAY THROWAWAY ~ AMER SPIN [LOP, M fcg LOD];;

1-3 {Falwy Thrwy} CP WALL rk bk L to SCP LOD, rec R to fc, sd L/cl R, sd L trng 1/4 LF to CP LOD; Sd R/cl L, sd R (W sd & bk L/cl R, sd L) to LOP FCG LOD,  
{Amer Spin} LOP FCG LOD rk bk L, rec R; Sd L/cl R, sd L leading W to spin RF, sd R/cl L, sd R to LOP FCG LOD;

[LOP, M fcg LOD] CHG HNDS BEH BK–2X BOTH TRN to fc WALL [LOP, BOTH fcg WALL];; RK BK, REC, SD CHASSE–LADY IN FRONT [OP, BOTH fcg WALL]; RK BK, REC, SD CHASSE–MAN IN FRONT [LOP, M fcg LOD];

4-6 {Chg Hnds Beh Bk} LOP FCG LOD rk bk L, rec R, fwd L/cl R, fwd L trng 1/4 LF (W RF) chg W's R hand to M's R; Sd & bk R/cl L, sd R trng 1/4 LF (W RF) chg W's R hand to M's L to LOP FCG RLOD,  
{Chg Hnds Beh Bk} LOP FCG RLOD rk bk L, rec R; Fwd L/cl R, fwd L trng 1/4 LF (W RF) chg W's R hand to M's R, Sd & bk R/cl L, sd R trng 1/4 LF (W RF) chg W's R hnd to M's L to LOP BOTH FCG WALL;  
7-8 {Rk Bk, Rec, Sd Chasse} LOP BOTH FCG WALL rk bk L, rec R releasing hand hold, sd L/cl R, sd L changing sides as W travels *in front* of M to OP BOTH FCG WALL;  
{Rk Bk, Rec, Sd Chasse} OP BOTH FCG WALL rk bk R, rec L releasing hand hold, sd R/cl L, sd R changing sides as W travels *behind* M to LOP FCG LOD;

# More Today Than Yesterday

## Page 2

**Dance By:** Bev Oren, 2265 E. Lakeside Place #302, Corona, CA 92879, (951) 371-8814, BevQsRnds@aol.com

### PART B, con't

[LOP, M fcg LOD] CHG PLCS L to R [BFLY WALL] ~ PROG RK into 2 RT TRNG TRIPLES ~ RT TRNG FALLAWAY [CP WALL];;;;

9-13 {**Chg Plcs L-R**} LOP FCG LOD rk bk L, rec R, sd L/cl R, sd L trng 1/4 RF; Sd R/cl L, sd R (W fwd R/cl L, fwd R commence LF trn under joined lead hands, sd L, cl R/sd L cont LF trn to fc ptr) blending to BFLY WALL,  
{**Prog Rk**} BFLY WALL rk apt L, rec XRIF; Rk apt L, rec XRIF blending to CP WALL,  
{**2 RF Trng Triples**} CP WALL sd L/cl R, sd L trng 1/4 RF; Sd R/cl L, sd R trng 1/4 RF to CP COH,  
{**RF Trng Falwy**} CP COH rk bk L to SCP RLOD, rec R to CP COH; Sd L/cl R, sd L trng 1/4 RF, sd R/cl L, sd R trng 1/4 RF to CP WALL;

[CP WALL] WINDMILL ~ 2X [BFLY WALL];;;

14-16 {**Windmill**} CP WALL rk bk L, rec R to BFLY WALL, fwd L/cl R, fwd L trng 1/4 LF; Sd R/cl L, sd R trng 1/4 LF to BFLY COH, rk bk L, rec R; Fwd L/cl R, fwd L trng 1/4 LF, sd R/cl L, sd R trng 1/4 LF to BFLY WALL;

### PART C

[BFLY WALL] CHG PLCS R to L [LOP, M fcg LOD] ~ RK APT, REC, WRAP IN 2 TRIPLES [WRAPPED POS LOD];;;;

1-3 {**Chg Plcs R-L**} BFLY WALL rk bk L, rec R, sd L/cl R, sd L trng 1/4 LF (W sd R/cl L/fwd R trng 3/4 RF under joined lead hands) to LOP FCG LOD; Sd & fwd R/cl L, sd R,  
{**Rk Apt, Rec, Wrap**} LOP FCG LOD rk apt L, rec R to BFLY LOD; Sip L/R, L to WRAPPED POS LOD (W wraps trng 1/2 LF fwd R/cl L, bk R) keeping hands joined bring M's L & W's R around and over W's head down to chest level in front while lowering M's R & W's L to W's waist to end in wrapped position with W on M's R side fcg LOD, bk R/cl L, bk R;

[WRAPPED POS LOD] JIVE WALKS ~ THROWAWAY [LOW BFLY LOD] ~ DBL RK APT ~ 2 FWD TRIPLES ~ RK APT, REC, WRAP IN 2 TRIPLES [WRAPPED POS LOD];;;;

4-9 {**Jive Walks**} WRAPPED POS LOD rk bk L, rec R, fwd L/cl R, fwd L; Fwd R/cl L, fwd R,  
{**Throwaway**} WRAPPED POS LOD release trailing hands sd L/cl R, sd L; Sd R/cl L, sd R (W sd & bk L/cl R, sd L) to LOW BFLY LOD,  
{**DbL Rk Apt**} LOW BFLY LOD rk apt L, rec R; Rk apt L, rec R remain LOW BFLY LOD,  
{**2 Fwd Triples**} LOW BFLY LOD fwd L/cl R, fwd L; Fwd R/cl L, fwd R,  
{**Rk Apt, Rec, Wrap**} LOW BFLY LOW rk apt L, rec R; Sip L/R, L to WRAPPED POS LOD (W wraps trng 1/2 LF fwd R/cl L, bk R) keeping hands joined bring M's L & W's R around and over W's head down to chest level in front while lowering M's R & W's L to W's waist to end in wrapped position with W on M's R side fcg LOD, bk R/cl L, bk R;

[WRAPPED POS LOD] JIVE WALKS ~ THROWAWAY [LOP, M fcg LOD] ~ AMER SPIN [LOP, M fcg LOD];;;;

10-13 {**Jive Walks**} WRAPPED POS LOD rk bk L, rec R, fwd L/cl R, fwd L; Fwd R/cl L, fwd R,  
{**Throwaway**} WRAPPED POS LOD release trailing hands sd L/cl R, sd L; Sd R/cl L, sd R (W sd & bk L/cl R, sd L) to LOP FCG LOD,  
{**Amer Spin**} LOP FCG LOD rk bk L, rec R; Sd L/cl R, sd L leading W to spin RF, sd R/cl L, sd R to LOP FCG LOD;

[LOP, M fcg LOD] CHG PLCS R to L fc COH [LOP, M fcg COH] ~ LINK RK to CP WALL;;;

14-16 {**Chg Plcs R-L**} LOP FCG LOD rk bk L, rec R, sd L/cl R, sd L trng 1/4 LF (W rk bk R, rec L, sd R/cl L/fwd R trng 3/4 RF under joined lead hands); Sd & fwd R/cl L, sd R to LOP FCG COH,  
{**Link Rk**} LOP FCG COH rk bk L, rec R; Fwd L/cl R, fwd L trng 1/2 RF to CP WALL, sd R twd RLOD/cl L, sd R;

### END

[CP WALL] FALLAWAY ROCK ~ RK BK, REC, SWIVEL 2 ~ THROWAWAY~BOTH TRN to fc WALL [LOP, BOTH fcg WALL];;;

1-3 {**Falwy Rk**} CP WALL rk bk L to SCP LOD, rec R to CP WALL, sd L/cl R, sd L; Sd R/cl L, sd R,  
{**Rk Bk, Rec, Swvl 2**} CP WALL rk bk L, rec R to SCP LOD; Placing each foot directly in front of the other foot fwd L, fwd R,  
{**Throwaway**} SCP LOD sd L/cl R, sd L; Sd R/cl L, sd R trng 1/4 RF (W sd & bk L/cl R, sd L trng 1/2 LF) to LOP BOTH FCG WALL,

[LOP, BOTH fcg WALL] RK BK, REC, SD CHASSE~LADY IN FRONT [OP, BOTH fcg WALL]; RK BK, REC, SD CHASSE~MAN IN FRONT [LOP, M fcg LOD]; CHG PLCS L to R ~ RK APT, REC, PT SD & HOLD;;;

3.5-8 {**Rk Bk, Rec, Sd Chasse**} LOP BOTH FCG WALL rk bk L, rec R; Sd L/cl R, sd L changing sides as W travels *in front* of M to OP BOTH FCG WALL,  
{**Rk Bk, Rec, Sd Chasse**} OP BOTH FCG WALL rk bk R, rec L; Sd R/cl L, sd R changing sides as W travels *behind* M to LOP FCG LOD,  
{**Chg Plcs L-R**} LOP FCG LOD rk bk L, rec R; Sd L/cl R, sd L trng 1/4 RF, sd R/cl L, sd R (W fwd R/cl L, fwd R commence LF trn under joined lead hands, sd L, cl R/sd L cont LF trn to fc ptr) to LOP FCG WALL;  
{**Rk Apt, Rec, Pt Sd**} LOP FCG WALL rk apt L, rec R, pt L toe twds LOD and trailing arm out parallel to floor, hold;

# More Today Than Yesterday

Page 3

Dance By: Bev Oren, 2265 E. Lakeside Place #302, Corona, CA 92879, (951) 371-8814, BevQsRnds@aol.com

## Head Cues

(12/2005 By: Bev Oren)

### INTRO, A, B, C, A, C, END

#### INTRO

[CP WALL] WAIT; WAIT; CHASSE L & R; FALLAWAY THROWAWAY – OVERTURN to fc WALL [LOP, BOTH fcg WALL];  
[LOP, BOTH fcg WALL] RK BK, REC, SD CHASSE – *LADY in FRONT* [OP, BOTH fcg WALL];  
[LOP, BOTH fcg WALL] RK BK, REC, SD CHASSE – *MAN in FRONT* [LOP, M fcg LOD];  
[LOP, M fcg LOD] LINK RK to CP [CP WALL];;

#### PART A

[CP WALL] FALLAWAY ROCK ~ CHG PLCS R to L [LOP, M fcg LOD];;; CHG PLCS L to R ~ LINK RK to CP [CP WALL];;;  
[CP WALL] RT TURNING FALLAWAY [CP COH] ~ JIVE WALKS to RLOD [SCP RLOD];;; THROWAWAY [LOP, M fcg RLOD];  
[LOP, M fcg RLOD] CHG PLCS R to L to BFLY [BFLY WALL] ~ WINDMILL – 2X ~ BASIC RK [CP WALL];;;;

#### PART B

[CP WALL] FALLAWAY THROWAWAY ~ AMER SPIN [LOP, M fcg LOD];;;  
[LOP, M fcg LOD] CHG HANDS BEH BK – 2X BOTH TRN to fc WALL [LOP, BOTH fcg WALL];;;  
[LOP, BOTH fcg WALL] RK BK, REC, SD CHASSE – *LADY in FRONT* [OP, BOTH fcg WALL];  
[LOP, BOTH fcg WALL] RK BK, REC, SD CHASSE – *MAN in FRONT* [LOP, M fcg LOD];  
[LOP, M fcg LOD] CHG PLCS L to R to BFLY [BFLY WALL] ~ PROG RK into 2 RT TURNING TRIPLES [CP COH] ~  
[CP COH] RT TRNG FALLAWAY;:::: WINDMILL – 2X [BFLY WALL];;;

#### PART C

[BFLY WALL] CHG PLCS R to L [LOP, M fcg LOD] ~ RK APT, REC, WRAP in 2 TRIPLES [WRAPPED POS fcg LOD];;;  
[WRAPPED POS fcg LOD] JIVE WALKS ~ THROWAWAY to LOW BFLY [LOW BFLY, M fcg LOD] ~ DBL RK APT ~  
[LOW BFLY, M fcg LOD] 2 FWD TRIPLES ~ RK APT, REC, WRAP in 2 TRIPLES [WRAPPED POS LOD];;;;  
[WRAPPED POS LOD] JIVE WALKS ~ THROWAWAY [LOP, M fcg LOD] ~ AMER SPIN [LOP, M, fcg LOD];;;  
[LOP, M fcg LOD] CHG PLCS R to L fc COH [LOP, M fcg COH] ~ LINK RK to CP WALL;;;

#### PART A

[CP WALL] FALLAWAY ROCK ~ CHG PLCS R to L [LOP, M fcg LOD];;; CHG PLCS L to R ~ LINK RK to CP [CP WALL];;;  
[CP WALL] RT TURNING FALLAWAY [CP COH] ~ JIVE WALKS to RLOD [SCP RLOD];;; THROWAWAY [LOP, M fcg RLOD];  
[LOP, M fcg RLOD] CHG PLCS R to L to BFLY [BFLY WALL] ~ WINDMILL – 2X ~ BASIC RK [CP WALL];;;;

#### PART C

[CP WALL] CHG PLCS R to L [LOP, M fcg LOD] ~ RK APT, REC, WRAP in 2 TRIPLES [WRAPPED POS fcg LOD];;;  
[WRAPPED POS fcg LOD] JIVE WALKS ~ THROWAWAY to LOW BFLY [LOW BFLY, M fcg LOD] ~ DBL RK APT ~  
[LOW BFLY, M fcg LOD] 2 FWD TRIPLES ~ RK APT, REC, WRAP in 2 TRIPLES [WRAPPED POS LOD];;;;  
[WRAPPED POS LOD] JIVE WALKS ~ THROWAWAY [LOP, M fcg LOD] ~ AMER SPIN [LOP, M, fcg LOD];;;  
[LOP, M fcg LOD] CHG PLCS R to L fc COH [LOP, M fcg COH] ~ LINK RK to CP WALL;;;

#### END

[CP WALL] FALLAWAY ROCK ~ RK BK, REC, SWIVEL 2 [SCP LOD] ~  
[SCP LOD] THROWAWAY BOTH TRN to fc WALL [LOP, BOTH fcg WALL] ~  
[LOP, BOTH fcg WALL] RK BK, REC, SD CHASSE – *LADY in FRONT* [OP, BOTH fcg WALL];  
[LOP, BOTH fcg WALL] RK BK, REC, SD CHASSE – *MAN in FRONT* [LOP, M fcg LOD];  
[LOP, M fcg LOD] CHG PLCS L to R [LOP, M fcg WALL] ~ RK APT, REC, PT to LOD & HOLD;::::;