

Someone You Loved

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 1 级数: Phrased Improver
编舞者: Trish Foster (AUS), Bec Jones (AUS) & David M. Lewis (USA) - December 2022
音乐: Someone You Loved (Future Humans Remix) - Lewis Capaldi



Begin Dance after a 16 Count Introduction (12 + 5678)
Tag on Wall 4 (3:00), after 12 Counts - R Rocking Chair (3:00)

Sequence: Part A, B, A, A (with tag), B, A, B, A, B, A, B, A
Part A is Kinda Used to Being by David M. Lewis and Part B is Through It All by Trish Foster and Bec Jones.

Part A

[1-8] Step Touch, Step-Touch-Step, Step Touch, Step-Touch-Step
Instructor Words: Step-Touch, Step-Touch-Step, Step Touch, Step Touch Step

1-2 (Diagonally towards 1:30) R Step Forward, L Touch,
3&4 R Step, L Touch, R Step
5-6 (Diagonally towards 10:30) L Step Forward, R Touch,
7&8 L Step, R Touch, L Step (12:00)

[9-16] Knee Lock times 4, Grapevine $\frac{1}{4}$ with Shuffle Step

Instructor Words: Lock, Lock, Lock, Lock, Vine Quarter Shuffle Step

1-4 R Step Backwards with the R Knee Locked, L Step Backwards with the L Knee Locked, R
Step Backwards with the R Knee Locked, L Step Backwards with the L Knee Locked
5-6 R Grapevine (first 2 steps), with a
7&8 R Shuffle step to the $\frac{1}{4}$ Turn (3:00)

[17-24] Pivot Turn, Shuffle Step, Rocking Chair

Instructor Words: Pivot Turn, Shuffle, Rocking Chair 3 4

1-2 L Step Forward to a Pivot Turn over the R Shoulder
3&4 L Step Forward, R Step Together, L Step Forward
5-8 R Rocking Chair (9:00)

[25-32] Skate Pivot, Skate, Skate Pivot, Skate, Rocking Chair

Instructor Words: Skate, Skate, Skate, Skate, Rocking Chair 3 4

1-2 (Diagonally towards 7:30) R Skate into a Pivot Turn over the L Shoulder (1:30), L Skate,
3-4 (Diagonally towards 1:30) R Skate into a Pivot Turn over the L Shoulder (7:30), L Skate
5-8 (Returning to 9:00) R Rocking Chair (9:00)

Part B

[33-40] Step, Pivot Turn, Shuffle Forward, Step Pivot Turn, Shuffle Forward

Instructor Words: Pivot Turn, Shuffle, Pivot Turn, Shuffle

1-2 R Step Forward, Turn $\frac{1}{2}$ L, Weight onto L
3&4 R Step Forward, L Step Together, R Step Forward
5-6 L Step Forward, Turn $\frac{1}{2}$ R, Weight onto L
7&8 L Step Forward, R Step Together, L Step Forward (9:00)

[41-48] Side Rock-Recover, Cross Shuffle, Side, Behind, $\frac{1}{4}$ Turn Shuffle

Instructor Words: Side-Rock, Cross Shuffle, Vine Quarter Shuffle Step

1-2,3&4 Rock R to right side, Recover on L, Cross R over L, Step L on L Side, Cross R over L
5-6,7&8 L Step to side, R Step behind L, Step L $\frac{1}{4}$ L, R Step next to L, L Forward (6:00)

[49-56] Step, Pivot Turn, Kick-Ball-Change, Forward Shuffle, Step, Pivot Turn

Instructor Words: Pivot Turn, Kick-Ball Change, Shuffle, Pivot Turn

1-2,3&4 R Step Forward, Turn $\frac{1}{2}$ L, Kick-R Forward, Step on Ball of R next to L raising L,

Step on L
5&6,7-8 R Step Forward, Step L Together, Step R Forward, Step L Forward, Turn ½ R, Weight onto R
(6:00)

[57-64] Shuffle Forward, Pivot Turn, Kick-Ball-Change, Kick-Ball-Change

Instructor Words: Shuffle, Pivot Turn, Kick-Ball-Change, Kick-Ball-Change

1&2,3-4 Step L Forward, Step R Together, Step L Forward, Step R Forward, Turn ½ L Weight on L

5&6,7&8 Kick R Forward, Step on Ball of R next to L, Step L, Kick R Forward, Step on Ball of R next to L, Step L (12:00)

NOTE: This dance was created by merging two dances to provide a centered balance for students with hip and knee issues.

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