

Someone You Loved

COPPERKNOB
BY STEPHEN BRETZ

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Adam Åstmar (SWE) - December 2018
音樂: Someone You Loved - Lewis Capaldi



Intro: 8 counts, starting after the light piano (approx. 8 seconds)

Sect - 1: 1 / 4 Side & Sweep. Behind. 1 / 4 Forward. Spiral 3 / 4. Run 1 / 2 Circle. Hitch. Cross. Side. Back Rock. Recover. 1 / 4 Back. 1 / 4 Forward.

- 1 – 2 & (1) Turn 1 / 4 to the left stepping to the right on RF sweeping LF from side to back. (2) Step LF behind RF. (&) Turn 1 / 4 to the right stepping forward on RF. {12:00}
- 3 – 4 & (3) Step forward on LF and spiral turn 3 / 4 to the right. (4) Turn 1 / 8 to the right stepping forward on RF. (&) Turn 1 / 4 to the right stepping forward on LF. {1:30}
- 5 – 6 & (5) Turn 1 / 8 to the right stepping forward on RF and hitch L knee swinging it out and across RF. (6) Cross LF over RF. (&) Step to the right on RF. {3:00}
- 7 & 8 & (7) Rock back on LF slightly behind RF. (&) Recover on RF. (8) Turn 1 / 4 to the right stepping back on LF. (&) Turn 1 / 4 to the right stepping forward on RF. {9:00}

Sect - 2: 1 / 4 NC Basic. 5 / 8 Fan Turn. Run Forward. Forward Rock. Recover. Step Back. Back Rock. Recover. Step 3 / 8 Turn.

- 1 – 2 & (1) Turn 1 / 4 to the right taking a big step to the left on LF. (2) Close RF slightly behind LF. (&) Cross LF over RF. {12:00}
- 3 – 4 & (3) Step to the right on RF and start turning 5 / 8 to the left with LF slightly lifted. (4) Finish turning 5 / 8 and step forward on LF. (&) Step forward on RF. {4:30}
- 5 – 6 & (5) Rock forward on LF. (6) Recover on RF. (&) Step back on LF.
- 7 & 8 & (7) Rock back on RF. (&) Recover on LF. (8) Step forward on RF. (&) Turn 3 / 8 to the left placing weight on LF. {12:00}

Note - Restart occurs here at wall 2 -

Sect - 3: 1 / 4 Side & Sweep. Behind-Side-Cross & Sweep. Cross. 1 / 4 Back. Side. Sway Left & Right. Big Side Step & Drag. Behind. 1 / 4 Forward.

- 1 – 2 & (1) Turn 1 / 4 to the left stepping to the right on RF sweeping LF from side to back. (2) Step LF behind RF. (&) Step to the right on RF. {9:00}
- 3 – 4 & (3) Cross LF over RF sweeping RF from back to front. (4) Cross RF over LF. (&) Turn 1 / 4 to the right stepping back on LF. {12:00}
- 5 – 6 & (5) Step to the right on RF. (6) Sway to the left. (&) Sway to the right.
- 7 – 8 & (7) Take a big step to the left and drag RF next to LF. (6) Step RF behind LF. (&) Turn 1 / 4 to the left stepping forward on LF. {9:00}

Sect - 4: 1 / 4 Side & Sweep. Behind. 1 / 8 Step Forward. Step, Rise On Ball & Drag. Run Forward. Forward Rock. Recover. Run Back. Back Rock. 1 / 8 Recover. Full Turn.

- 1 – 2 & (1) Turn 1 / 4 to the left stepping to the right on RF sweeping LF from side to back. (2) Step LF behind RF. (&) Turn 1 / 8 to the right stepping forward on RF. {7:30}
- 3 – 4 & (3) Step forward on LF and rise up on ball of foot dragging RF from back to front passing LF. (4) Step down on RF. (&) Step forward on LF.
- 5 & 6 & (5) Rock forward on RF. (&) Recover on LF. (6) Step back on RF. (&) Step back on LF.
- 7 & 8 & (7) Rock back on RF prepping upper body to the right. (&) Turn 1 / 8 to the left recovering on LF. (8) Turn 1 / 2 to the left stepping back on RF. (&) Turn 1 / 2 to the left stepping forward on LF. {6:00}

Have fun!