

Someone Loved

拍數: 32 牆數: 4 級數: Intermediate NC
編舞者: Tine Hildisch (NOR) - April 2020
音樂: Someone You Loved - Lewis Capaldi



**2 Tags with Restart + 1 Restart

Intro 16 count, start on Lyrics

S1: NC BASIC R , ROCK FWD, RECOVER , STEP BACK, TURN ½ L, TURN ¼ L, SWEEP, BEHIND , SIDE, CROSS, SWEEP, CROSS, ¼ TURN R, ROCK BACK

1,2&3 RF step R (1), LF Step slightly behind RF (2), RF Step slightly fwd (&), LF rock fwd (3)
4&5 Step back on RF (4), ½ turn L and step LF fwd (&), ¼ turn L step RF back, sweep LF from front to back (5)
6&7 Cross LF behind RF (6), Step RF to side (&), Cross LF over RF, sweep RF from back to front (7)
8&1 Cross RF over LF (8) Step ¼ turn R Step LF Back (&)Rock back on RF (1),

S2: RECOVER, ½ TURN L , ROCK BACK, RECOVER, WALK, ¼ TURN L , DRAG, NC BASIC R, NC BASIC L, ¼ TURN R ,

2&3 Recover on to LF (2) ½ L Stepping RF back (&) Rock back on LF (3)
4&5 Recover on to RF (4), Step LF fwd (&) ¼ turn L Stepping RF R (5)
6&7 Rock LF slightly behind RF (6), Recover RF (6), Big step L on to LF (7)
8&1 Rock RF slightly Behind LF (8), Recover on to LF (&) Step RF ¼ R (1)

On wall 2 and 4 - Tag with restart here. Change count 8& with sway, sway. So dance up to count 7 (long step to the side), and then do sway R(8), sway L (&). Restart the dance.

Optional on wall 2 and 4 , you can just do a restart after 16 counts, as on wall 5 (Rock, recover on count 8&) On wall 5 do a restart after 16 counts. Here you will do Rock, Recover (8&) and just restart.

S3: TRIPLE FULL TURN, SWEEP, BEHIND, SIDE, CROSS ROCK, RECOVER, ¼ TURN, PIVOT ½ TURN, RUN, RUN, ROCK.

2&3 Step LF ¼ turn R (2) , Step RF ¼ turn R (&),step LF ½ turn R, sweep RF from front to back (3)

(optional on full turn, count 2&3 : do a fwd rock - recover - step back and sweep. Rock fwd on LF (2) recover on to RF (&) step back on LF, sweep RF from front to back)

4&5 Cross RF behind LF (4), Step LF to side (&), Cross rock RF over LF (5)
6&7& Recover on to LF (6), Step RF ¼ turn R (&), Step LF fwd (7) make a ½ turn over R weight on to RF (&),
8&1 Walk LF (8) , Walk RF (&), Rock Fwd on LF (1),

S4: RECOVER, BACK, BACK, SWEEP, BEHIND, SIDE, CROSS, SWEEP, CROSS, SIDE, BACK ROCK, RECOVER, SWAY, SWAY

2&3 Recover on to RF (2), step LF Back (&), Step RF back, Sweep LF front to back (3)
4&5 Cross LF behind RF (4), Step RF to side (&) , Cross LF over RF, Sweep RF from back to front (5)
6&7& Cross RF over LF (6) , Step LF to side (&) Rock RF slightly behind LF (7) Recover on to LF (&)
8& Sway R (8), Sway L (&)

Have Fun - Hope you enjoy the dance

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