

# Someone You Loved

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 1      級數: Phrased Improver  
編舞者: Trish Foster (AUS), Bec Jones (AUS) & David M. Lewis (USA) - December 2022  
音樂: 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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**Knoxville Tennessee**

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