

**ADAM ÅSTMAR**

# Someone You Loved

(December 2018)

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**Information:** 32 Counts, 2 wall, Intermediate.  
**Choreographer:** Adam Åstmar (SE).  
**Music:** "Someone You Loved" by Lewis Capaldi (3:02) ~ 55 bpm.  
**Intro:** 8 counts, starting after the light piano (approx. 8 seconds)

Section	Steps & Explanations
<b>1</b>	<b>1 / 4 Side &amp; Sweep. Behind. 1 / 4 Forward. Spiral 3 / 4. Run 1 / 2 Circle. Hitch. Cross. Side. Back Rock. Recover. 1 / 4 Back. 1 / 4 Forward.</b>
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}
<b>2</b>	<b>1 / 4 NC Basic. 5 / 8 Fan Turn. Run Forward. Forward Rock. Recover. Step Back. Back Rock. Recover. Step 3 / 8 Turn.</b>
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}
<b>Note!</b>	<b>- Restart occurs here at wall 2 -</b>
<b>3</b>	<b>1 / 4 Side &amp; Sweep. Behind-Side-Cross &amp; Sweep. Cross. 1 / 4 Back. Side. Sway Left &amp; Right. Big Side Step &amp; Drag. Behind. 1 / 4 Forward.</b>
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}
<b>4</b>	<b>1 / 4 Side &amp; Sweep. Behind. 1 / 8 Step Forward. Step, Rise On Ball &amp; Drag. Run Forward. Forward Rock. Recover. Run Back. Back Rock. 1 / 8 Recover. Full Turn.</b>
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}

Please do not change anything in this stepsheet. If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing, such as contact details etc.

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