

SOMEONE YOU LOVED

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Song: Someone You Loved (Casa Musica Download – DJ Mitya) (Slow to 24 mpm)

Rhythm/Phase: Rumba Phase 6 **Sequence:** Intro, A, B, A, B, C, D, End

INTRO

1-4	WAIT TWO MEASURES;; CURL; FAN;	
	1-2	Wait two measures in left open facing pos M fcng wall and lead foot free;;
	3-4	{Curl} 3 - Rk fwd L, rec R, cl L lead W to trn LF under lead hnds (W bk R, rec L, fwd R Trn LF ½ to fc Wall), -; {Fan} 4 - Bk R, rec L, sd R (sd and fwd L LOD, fwd R sharply trng LF, cont LF trn bk L) to FAN POS M FCING DLW, -;

PART A

1-8	ALEMANA; TO; ROPESPIN; OVERTURN TO SHADOW; ADVANCED SLIDING DOORS WITH UNDERARM TURN;; START ADVANCED SLIDING DOOR JOIN LEAD HANDS LADY SPIRAL; AIDA MEN BACK UP AND CHECK;	
	1-2	{Alemana To} 1 - Rk fwd L, recov R, cl L bring lead arms up palm to palm (cl R, fwd L, fwd R rt fc swivel to fc ptrn) , -; 2 - Bk R, recov L start RF trn, cl R begin bring lead arms thru btwn heads (XLIF of R under lead arms swvl rf to DRW, step fwd R away from man swvl rf to fc, step L twd man's rt side W sprl rf on L), -;
	3-4	{Ropespin Overturn To Shadow} 3 - Rk sd L, recov R, cl L (fwd R, L, R arnd the bk of the M CW to his L sd), -; 4 - Rk bk R, recov L, sd R (W cont CW arnd M fwd L, fwd R, fwd L swvl rf to fc DLW), -;
	5-6	{Advanced Sliding Door With Underarm Turn} SHDW/WALL jnd L-hns extending sd & fwd M's R-hnd on W's R-shoulder blade W's R-hnd extended sd fwd L, rec R, XLIB, - (W bk R, rec L, XRIF, -); Raising jnd L-hnds sd R flexing knee, rec L, XIF, - (W swvlg RF 1/4 on R under jnd L-hnds bk L flexing knee, rec R swvlg RF to fc COH, fwd L swvlg RF to fc WALL, -) end same as starting position;
	7	{Start Advanced Sliding Door Lady Spiral} 7 - M fwd L to press line, rec R, cl L (W bk R to press line taking right arm down back and up over head, rec L, XRIF of L, & spiral lf on R), -;
	8	{Aida Men back up and check} 8 - Bk R, bk L, trng W around bk R (fwd L, fwd R, trn lf bk L to end bk to bk V-shape pos fcng RLOD), -;

9-16	HIP ROCKS AND SWIVEL TO SHADOW; TWO SHADOW WALKS;; FAN; START ALEMANA; TO FENCE LINE;
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	REVERSE UNDERARM TURN; FAN W/MAN SPOT TURN;	
9	{Hip Rocks and Swivel To Shadow}	9 - Rk fwd L, rk bk R, rk fwd L swivel to shadow DLW, -;
10-11	{Two Shadow Walks}	10 - Fwd R, fwd L, fwd R, -; 11 - Fwd L, fwd R, fwd L, -;
12	{Fan}	12 - Fwd R, close L to R rf trn ¼, sd R DRW (fwd L LOD, fwd R sharply trng LF, cont LF trn bk L LOD), -;
13	{Start Alemana}	13 - Fwd L checking action, rec R, sd L to BFLY - (cl R, Fwd L, Fwd R commence rt fc swivel to face ptr), -;
14	{To Fence Line}	14 - Fwd & across R LOD flexing R knee, rec L trng slightly RF, sd R still in BFLY POS M FCING WALL, -;
15	{Reverse Underarm Turn}	15 - Raise lead hnd & lead W to turn LF under joined hnds chk fwd L DRW, rec R sd L LOD(W xRif of L, sd & slightly fwd L cont turn, sd & fwd R to fc ptr), -;
16	{Fan with Man Spot Turn}	16 - XRIF trn ½ LF into ladies lead hand, rec L trn ¼ LF, sd R join lead hnds in fan pos (fwd L, fwd R sharply trng LF, cont LF trn bk L), -;

PART B

1-8	THREE ALEMANAS;;; CIRCULAR HIP TWIST;;; FAN;	
1-4	{Three Alemanas}	1 - Fwd L, rec R, cl L to R raising joined lead hands palm to palm (cl R to L, fwd L, fwd R trng ¼ RF to fc M), -; 2 - Bk R, rec L pushing L ft slightly sd, cl R to L (fwd L trng ½ RF under joined lead hands brushing R to L, fwd R twd DRW trn 3/8 RF to fc M, fwd L to M's R sd trng almost ½ further RF to end almost backing COH), -; 3 - Sd L, rec R, cl L to R (fwd & across R towards LOD spiral LF on R under joined lead hands to fc DRW, cont LF trn fwd L twd WALL trng ½ further LF under joined lead hands, fwd R to M toeing out DLC), -; 4 - Bk R, rec L, small fwd & across R (fwd L trng ½ RF under joined lead hands brushing R to L, fwd R twd DRW trn 3/8 RF to fc M, fwd L) to loose CP WALL, -;
5- 7	{Circular Hip Twist}	5 - Fwd L leading W to open out, rec R, trng 1/8 LF bk L toe to heel behind R (swvl ½ RF on L bk & sd R, rec L swvl ½ LF on L, cont LF trn fwd R outsd ptr to M's R sd/trng hips RF towards LOD), -; 6 - Trng LF sd & bk R, cont LF trn XLIB of R, cont LF trn sd & bk R (fwd L/swvl LF to fc ptr, cl R to L/trn hips RF, fwd L), -; 7 - Cont LF trn XLIB of R, cont LF trn sd & bk R, cl L to R (swivel LF to fc ptr/cl R, trn hips RF/fwd L, swivel LF to fc ptr/cl R to L, trn hips RF towards LOD) to end M FCING WALL, -;
8	{Fan}	8 - Bk R, Rec L, sd R DLW (fwd L LOD, fwd R sharply trng LF, cont LF trn bk L LOD), -;

**REPEAT PART A
REPEAT PART B**

PART C

1-8	HOCKEY STICK SPIRAL ON 3 OVERTURNED TO FIGUREHEAD;; BASIC LADY TURN & CURL TO; NATURAL TOP 3; PIVOT 3; LADY RONDE LARIAT; CONTINUE LARIAT TO FACE; SPOT TURN;	
1-2	{Hockey Stick Spiral on 3 Overturned to Figurehead} 1 - Fwd L, rec R, raising joined lead hands high cl L to R leading W to spiral (cl R to L, fwd L, fwd R in front of M, spiral 7/8 LF under joined lead hands), -; 2 - Bk R trng 1/8 RF, rec L, fwd R (fwd L toe pting DRW, fwd R spiral 7/8 LF under joined lead hands, cont LF trn fwd L raising L hand high) to end lead hands joined low in figurehead position M behind W FCING DRW, -;	
3	{Basic Lady Turn & Curl To} 3 - Fwd L leading W fwd then flip lead hands to lead W to trn RF, rec R, trng RF sd & slightly fwd L (fwd R DRW/sharply swvl 1/2 RF on R, fwd L, fwd R/curl 5/8 LF on R) blend to loose CP DRC, -;	
4	{Natural Top 3} 4 - Trng RF XRIB of L toe to heel, cont RF trn sd L, cont RF trn XRIB of L toe to heel (trng RF sd L, cont RF trn XRIF of L, cont RF trn sd L) to loose CP approximately DLW, -;	
5	{Pivot 3} 5 - Turning RF cpl pivot L, R, L to face DRW, -;	
6	{Lady Ronde Lariat} 6 - Fwd and SD R to Ronde Lady, Rec L, Cl R (Step L Ronde R, Bck R, Sd L), -;	
7	{Continue Lariat To Face} 7 - Hip Rocks L, R, L turn lady to face (Fwd R, Fwd L, Fwd R turning 1/4 RF to face man), M FCING WALL -;	
8	{Spot Turn} 8 - Fwd & across R LOD trng LF, rec L cont LF trn to fc ptr, sd R to BFLY M FCING WALL, -;	

PART D

1-8	THREE THREES;;;; CONTINUOUS HIP TWIST;;;;	
1-4	{Three Threes} 1 - Fwd L, rec R, cl L to R leading W to trn RF release hand hold and place hands on W's shoulders (bk R, rec L, fwd R trng 1/2 RF) to TANDEM POS FCING WALL M behind W, -; 2 - Bk R, rec L, cl R to L releasing W's shoulders (in place L, R, L spin LF 1 full trn) still TANDEM POS WALL, -; 3 - Fwd & sd L slight RF body trn, rec R slight LF body trn, cl L to R (bk & sd R slight RF body trn, rec L, fwd R toward WALL trng 1/2 RF to fc M, -; 4 - Bk R, rec L, cl R to L (fwd L toward M trng 1/2 RF, fwd R toward WALL trng 1/2	

		RF, fwd L) to CP WALL, -;
	5-8	<p>{Cont Hip Twist} 5- Trng upper body RF step fwd L, rec R to fc WALL, XLIB of R (W swvl ½ RF on L to stp bk R, rec L swvl ½ LF, fwd R in BJO swvl ¼ RF), -; 6 - Rk sd R, rec L, slip RIF of L trng ¼ RF to fc RLOD (W fwd L swvl LF, fwd R, fwd L to BJO), -; 7 - Trng upper body RF stp fwd L, rec R, XLIB of R (W swvl ½ RF on the L to stp bk R, rec L swvl ½ LF, fwd R in BJO swvl ¼ RF),-; 8 -Rk sd R, rec L, slip RIF of L trng ¼ RF to fc COH (W fwd L swvl LF, fwd R, fwd L to BJO), -;</p>

ENDING

1-12		ADVANCED HIP TWIST; FAN TO REVERSE; CIRCULAR THREE ALEMANAS TO A HANDSHAKE;;; START A TURKISH TOWEL FACE REVERSE;; ROLL LADY TO SHADOW; LEFT HAND SWEETHEART TO FACE; CURL LADY RELEASE HAND; MAN BREAK BACK, LADY WALK AWAY;
	1	{Adv Hip Twist} 1 - Trng upper body RF stp fwd L, rec R to fc COH, XLIB of R (W swvl ½ RF on the L to stp bk R, rec L swvl ½ LF, fwd R in BJO swvl ¼ RF), -;
	2	{Fan to Reverse} Rk bk R, rec L, sd R (W fwd L, fwd R trng LF, bk L) to FAN pos M fcg COH,-;
	3-6	<p>{Circular Three Alemanas to Handshake;;; COH} 3 - Fwd L, rec R, comm RF trn sd & slightly fwd L raising lead hands high palm to palm (bk R, rec L, trng RF fwd R DLC to M toeing out) to end L OPEN FCING M FCING DLC, -; 4 - Cont RF trn XRIB of L, cont RF trn sd L, cont RF trn XRIF of L (trng RF fwd L RLOD trng ½ RF under joined lead hands, fwd R LOD trng ½ RF, fwd L RLOD trn ¼ RF) to end L OPEN FCING M FCING WALL, -; 5 - Cont RF trn sd & fwd L leading W to turn under, cont RF trn XRIB of L, cont RF trn sd & slightly bk L (fwd & across R RLOD trng ¾ LF under joined lead hands, fwd L LOD trng another ¾ LF under joined lead hands like a spin, fwd R Wall to M) to end lead hands joined high palm to palm L OPEN FCING M FCING COH, -; 6- Bk R, rec L, sd R (trng RF fwd L DRW trng ½ RF under joined lead hands, fwd R DLC trng 3/8 RF to fc M, sd L to M's R sd) change to handshake COH, -;</p>
	7-8	{Start a Turkish Towel 2 measures} 7 - Rk fwd L, recov R, sd L joined R hnds up (W bk R, recov L, sd & fwd R), -; 8 - Rk bk R lead W to start RF underarm trn, recov L trn LF finish underarm trn, sd R (W trng RF fwd L trn RF under joined trail hnds, fwd R cont RF trn arnd his bk, cont RF trn fwd L) fc RLOD in L varsouv, -;
	9	{Roll Lady to Shadow} 9 - XLIB of R, recov R, sd L rolling W across to shadow L hnds joined (W XRIF of L begin RF roll, fwd L cont RF roll, cont roll bk R in shadow), -;
	10	{Left Hand Sweetheart Lady FC} 10 - XRIF of L, recov L, sd R to face lead hands joined (W XLIB of R, recov R, sd L

		turn to face ptr), -;
	11	{Curl lady release hands} 11 - Rk fwd L, rec R, cl L lead W to trn LF under lead hnds (W bk R, rec L, fwd R Trn LF ½ to fc RLOD Release Hands), -;
	12-13	{Man back break, lady walk away} 12 – Bk R, rec L, sd R (W Fwd L, Fwd R, Fwd L),-; 13 – Man hold (Slow Fwd R),-,-;