



One I've Been Missing

(December 2019)

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Information: 32 Counts, 2 wall, Intermediate.
Choreographer: Adam Åstmar (SE).
Music: "One I've Been Missing" by Little Mix (3:12) ~ 66 bpm.
Intro: 8 counts, starting on the first clear drumbeat.

Section	Steps & Explanations	Facing
1	Step & Sweep. Cross. Side. Rock Back, Recover. ¼. ¼ Rock Side, Recover. Ball. Side & Sweep. Jazz Box ¼.	
1 – 2 a	(1) Step forward on LF sweeping RF from back to front. (2) Cross RF over LF. (a) Step to the left on LF.	12'00
3 – 4 a	(3) Turn slightly to the right diagonal rocking back on RF. (4) Recover on LF squaring up to 12'00. (a) Turn ¼ left stepping back on RF.	9'00
5 – 6 a	(5) Turn ¼ left rocking to the left on LF. (6) Recover on RF. (a) Ball step LF next to RF.	6'00
7 – 8 & a	(7) Step to the right on RF, slightly turning body to right diagonal and sweep LF across RF. (8) Cross LF over RF. (&) Turn ¼ left stepping back on RF. (a) Step to the left on LF.	3'00
2	(Walk & Sweep) x3. Synchronatped Weave. Behind, ¼, Forward. (Step ½ Turn) x2.	
1 – 2	(1) Step forward on RF sweeping LF from back to front. (2) Step forward on LF sweeping RF from back to front.	3'00
3 – 4 a	(3) Step forward on RF sweeping LF from back to front. (4) Cross LF over RF. (a) Step to the right on RF.	3'00
5 – 6 & a	(5) Step LF behind RF sweeping RF from front to back. (6) Step RF behind LF. (&) Turn ¼ left stepping forward on LF. (a) Step forward on RF.	12'00
7 a 8 a	(7) Step forward on LF. (a) Turn ½ right placing weight on RF. (8) Step forward on LF. (a) Turn ½ right placing weight on RF.	12'00
Note!	Restart occurs here at wall 3 facing 12'00.	
3	Rock Forward. Recover. ½. Spiral Full Turn. Synchronatped Walk ¼ Left. Step & Sweep. Cross. Side & Sway L, R. Ball.	
1 – 2 a	(1) Rock forward on LF. (2) Recover on RF. (a) Turn ½ left placing weight on LF.	6'00
3 – 4 a	(3) Make a full spiral turn left on RF. (4) Step forward on LF turning 1/8 to the left. (a) Turn 1/8 to the left stepping forward on RF.	3'00
5 – 6	(5) Step forward on LF sweeping RF from back to front. (6) Cross RF over LF.	3'00
7 – 8 a	(7) Step to the left on LF and sway left. (8) Sway right. (a) Ball step LF next to RF.	3'00
4	Cross. Side. Together. Cross. Side. ¼ Together. Step. Full Turn. Step ½ Turn. Step. Together.	
1 a 2	(1) Cross RF over LF. (a) Step to the left on LF. (2) Close RF next to LF slightly turning body to the right diagonal (Still facing 3'00).	3'00
3 a 4	(3) Cross LF over RF. (a) Step to the right on RF. (4) Turn ¼ to the left closing LF next to RF.	12'00
5 a 6 a	(5) Step forward on RF. (a) Turn ½ to the right stepping back on LF. (6) Turn ½ to the right stepping forward on RF. (a) Step forward on LF.	12'00
7 – 8 a	(7) Turn ½ to the right placing weight on RF. (8) Step forward on LF. (a) Close RF next to 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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