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S.T. One

Count: 64

Wall: 4

Level: High Beginner

Choreographer: Rachael McEnaney-White

Music: "Still The One" by Orleans

Count In: 32 counts from when beat kicks in, dance begins on vocals

[1 – 8] K step – R fwd, touch L, L back, touch R, R back, touch L. L fwd, ¼ turn L hitching R
1 2 Step R forward to right diagonal (1), touch L next to R (option to clap) (2), 12.00
3 4 Step L back to L diagonal (3), touch R next to L (option to clap) (4) 12.00
5 6 Step R back to right diagonal (5), touch L next to R (option to clap) (6), 12.00
7 8 Step L forward to left diagonal (7), make ¼ turn left as you hitch R knee (8) 9.00

[9 – 16] Walk back R-L-R, L touch back, L fwd, R kick, R back, L touch back
1 2 3 4 Step back R (1), step back L (2), step back R (3), touch L toe back (4) 9.00
5 6 7 8 Step forward L (5), kick R forward (6), step back R (7), touch L toe back (8) 9.00

[17 – 24] L fwd, R close, L fwd, R brush, R fwd, L brush, L fwd, R brush
1 2 3 4 Step forward L (1), step R next to L (2), step forward L (3), brush R next to L (4) 9.00
5 6 7 8 Step forward R (5), brush L next to R (6), step forward L (7), brush R next to L (8) 9.00

[25 – 32] R jazz box with ¼ turn R, L cross, weave R
1 2 3 4 Cross R over L (1), make 1/8 turn right step back L (2), make 1/8 turn right step R to right side (3), cross L over R (4) 12.00
5 6 7 8 Step R to right side (5), cross L behind R (6), step R to right side (7), cross L over R (8) 12.00

[33 – 40] R side rock, R crossing toe strut, L rocking chair on diagonal
1 2 3 4 Rock R to right side (1), recover weight L (2), cross ball of R over L (3), drop R heel to floor taking weight R (4) 12.00
5 6 7 8 With body facing L diagonal (10.30) Rock forward L (5), recover weight R (6), rock back L (7), recover weight R (8) 10.30

[41 – 48] L side rock with ¼ turn R, L toe strut, R rocking chair
1 2 3 4 Rock L to left side (1), recover weight R making ¼ turn right (2), touch ball of L forward (3), drop L heel to floor taking weight L (4) 3.00
5 6 7 8 Rock forward R (5), recover weight L (6), rock back R (7), recover weight L (8) 3.00

[49 – 56] R heel strut, L heel strut, V step R-L-R-L
1 2 3 4 Touch R heel forward (1), drop R toe to floor taking weight R (2), touch L heel forward (3), drop L toe to floor taking weight L (4) 3.00
5 6 7 8 Step R to right diagonal (5), step L to left side (shoulder width apart from R) (6), step back R (7), step L next to R (8) 3.00

[57 – 64] R diagonal stomp, L heel-toe-heel swivel, L diagonal stomp, R heel-toe-heel swivel
1 2 3 4 Stomp R to right diagonal (1), swivel L heel in (2), swivel L toe in (3), swivel L heel in (4) 3.00
5 6 7 8 Stomp L to left diagonal (5), swivel R heel in (6), swivel R toe in (7), swivel R heel in (8) 3.00

Start Again