

# ARE YOU STILL MINE

Music: Heidi Hauge

[www.amazon.com/](http://www.amazon.com/)

Time 3:46 Available from choreographer

Rhythm: Foxtrot Phase: IV+2 (DBL Reverse Spin + Tipple Chasse)

Footwork: Opposite except where (Noted)

Release Date: Sept 18

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

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Sequence: INTRO AA B C AB\* B(13-16) END



## INTRO

### 01-04 LOP WALL NO HANDHOLD WAIT 2 MEASURES ; ; ROLL 3 to SCP ; CHAIR & SLIP ;

{Wait} LOP WALL no hndhold wt 2 meas ; ; {Roll 3 to SCP} Bk & sd L stg LF roll twd LOD, -, cont trn on ball of L ft & cl R, cont roll sd & fwd L to SCP LOD ; {Chair & Slip} Ck thru R, -, rec L, trng LF bk R (*W ck thru L, -, rec R, swvlg LF on R fwd L*) to CP DLC ;

## PART A

### 01-04 TELEMARCK to SCP ; THRU VINE 4 ; IN & OUT RUNS ; ;

{Telemark to SCP} Fwd L comm LF trn, -, sd R contg LF trn, sd & fwd L (*W bk R comm LF trn bringing L ft beside R w/ no wgt, -, cont trng LF on R heel & chg wgt to L, sd & sltly fwd R*) to SCP DLW ; {Thru Vine 4} [QQQQ] XRif (*W XLif*), sd L fcg ptr, XRib (*W XLib*), sd L to SCP LOD ; {In & Out Runs} Trng RF fwd R, -, sd & bk L, bk R (*W fwd L, -, fwd R btwn M's ft, fwd L*) to BJO RLOD ; Trng RF bk L, -, contg trn fwd R btwn W's ft, sd & fwd L (*W trng RF fwd R, -, cont trn sd L in frt of M, cont trn fwd & sd R*) to SCP DLC ;

### 05-08 OP NATURAL ; BACK BACK/LOCK BACK ; CLOSED IMPETUS ; FEATHER FINISH DLC ;

{OP Natural} Thru R comm RF trn, -, fwd & sd L cont RF trn to CP, bk R w/ r-sd lead (*W thru L, -, fwd R, fwd L*) to BJO DRC ; {Bk Bk/lk Bk} [SQ&Q] Bk L, -, bk R/lk Lif, bk R ; {Closed Impetus} Comm RF upper bdy trn bk L, -, heel trn on L & cl R, sd & bk L (*W comm RF upper bdy trn fwd R btw M's ft, -, sd & fwd L contg RF trn arnd M, brush R to L & fwd R btw M's ft*) to CP DLW ; {Feather Finish} Bk R trn LF, -, sd & fwd L compg ¼ LF trn, fwd R outsd W to BJO DLC ;

### 09-12 FORWARD & RUN 2 ; OP NATURAL ; TWO RIGHT TURNS to DLW ; ;

{Fwd & Run 2} Fwd L, -, fwd R, L ; {OP Natural} Fwd R outsd W's feet trng RF, -, sd L twd Wall, bk R w/ r-shldr lead BJO (*W bk L, -, cls R heel turn, fwd L outsd M to BJO*) ; {2 Right Turns} Bk L strt RF trn, -, cont RF trn sd R, cl L ; Cont RF trn fwd R, -, sd L, cl R to CP DLW ;

### 13-16 HOVER TELE ; THRU SIDE BEHIND ; ROLL 3 to SCP ; CHAIR & SLIP ;

{Hover Tele} Fwd L, -, fwd & sd R rising & l-shldr lead, sd & fwd L to SCP LOD ; {Thru Sd Behind} Thru R, -, sd L to fc prtn, XRib (*W XLib*) ; {Roll 3 to SCP} [releasg both hands] Repeat meas 3 Intro ; {Chair & Slip} Repeat meas 4 Intro ;

## PART B

### 01-04 DIAMOND TURN/W HIP TWIST ; CROSS BODY to SCAR ; QUICK DIAMOND 4 , DIP BACK & RECOVER DLW ;

{Diamond trn w/ Hip Twist} [SQQ] DLC Fwd L trng LF CP, -, sd R trng ¼ LF, bk L in BJO twistg W RF to momentary SCAR (*W Fwd R twistg ¼ RF*) to DRC ; {Cross Body to SCAR} Bk R blendg to CP, fwd L w/ r-shldr lead, fwd R in BJO DRC ; {Qk Diamond 4} [QQQQ] Fwd L stg to trn LF, sd R contg LF trn, bk L compg ¼ LF trn to BJO DLW, bk R to CP DLW ; {Dip Bk & Rec} [SS] Bk L w/ flexed knee, -, rec R to CP DLW, - ;

### 05-08 HOVER TELE ; PROMENADE WEAVE ; ; THREE STEP ;

{Hover Tele} Repeat meas 13 Part A ; {Promenade Weave} [SQQ;QQQQ] Fwd R, -, fwd L stg LF trn, contg trn sd & bk R (*W fwd L in pick up action, -, sd & bk R trng LF to CP, cont trng on R then fwd & sd L*) to BJO RLOD ; Bk L, bk R twd DLC trng LF to CP, sd & fwd L twd DLW, fwd R (*W Fwd R outside ptr, fwd L trng LF to CP, sd & bk R contg LF trn to fc COH, bk L*) to BJO DLW ; {Three Step} Fwd L, -, sd & fwd R btwn W's ft, fwd L ;

**09-12 OP NATURAL ; BACK & RIGHT TIPPLE CHASSE PIVOT ; SPIN TURN ; ; FEATHER FINISH ;**

**{OP Natural}** Repeat meas 10 Part A ; **{Bk & R-Tipple Chasse Pivot}** [SQ&Q] Bk L comm RF trn, -, cont RF trn sd R toe pointing DLC/cl L cont slight RF trn, fwd R LOD Btwn W's feet and pivot 3/8 RF to CP DRW (*W Fwd R outsd ptr comm RF trn, -, cont RF trn sd L/cl R to L, bk L and pivot 3/8 RF to CP fc DLC*) ; **{Spin Turn}** Begin RF upper body trn bk L toeing in pivot ½ RF, -, cont trn fwd R betw W's ft, rec sd & bk L (*W begin RF upper body trn fwd R heel to toe betw M's ft pivot ½ RF, -, cont trn bk on L toe, fwd R*) to CP DLW ; **{Feather Finish}** Repeat meas 8 Part A ;

**13-16 TURN LEFT & R-CHASSE to BJO ; BACK TWISTY VINE 4 ; PIVOT 3 to SCP ; THRU FACE CLOSE ;**

**[2<sup>de</sup> TIME: CHAIR & SLIP ;]**

**{Turn Left & R-Chasse to BJO}** [SQ&Q] Fwd L trng LF, -, twd LOD & risg progly sd R/cl L, bk R BJO DRC ; **{Bk Twisty Vine 4}** (QQQQ) Bk L trng slightly RF, sd R, XLif, sd & bk R to fc DRC (*W Fwd R trg RF, sd & bk L, cont trng XRib, sd & fwd L to BJO*) ; **{Pivot 3 to SCP}** Bk L pivot ½ RF, -, fwd R heel lead btwn W's feet cont RF trn rise & stretch R sd, sd & fwd L to SCP LOD ; **{Thru Fc Cl}** Thru R, -, sd L trng to fc ptr, cl R to CP DLW ;

**2<sup>de</sup> TIME: {Chair & Slip}** Repeat meas 4 Intro ;

## PART C

**01-04 WHISK to ½ OP ; OP IN & OUT RUNS ; ; FORWARD HOVER to BJO ;**

**{Whisk}** Fwd L, -, sd & fwd R, XLib (*W XRib*) to ½ OP LOD ; **{OP in & Out Runs}** Fwd R comm RF trn, -, sd & fwd L in frt of W contg trn, sd & fwd R to ½ LOP LOD w/trail arms out to sd ; Fwd L, -, R, L (*W fwd R comm RF trn, -, sd & fwd L in frt of M contg trn, fwd & sd R*) to ½ OP DLC w/ Id arms out to sd ; **{Fwd Hover to BJO}** Fwd R, -, fwd L w/ rise (*W trns LF*), rec R to BJO LOD ;

**05-08 BACK HOVER to SCP ; SLOW SIDE LOCK ; DBL REVERSE SPIN to DLW ; HOVER TELE ;**

**{Bk Hover to SCP}** Bk L, -, bk R risg sltly, rec L (*W fwd R, -, fwd & sd L trng RF risg & brushg R to L, contg RF trn sd & fwd R*) to SCP DLC ; **{Slow Sd Lk}** Thru R, -, fwd & sd L rising trng LF, cl R (*W thru L trng LF, -,sd R trng LF, XLif*) to CP DLC ; **{DBL Reverse Spin}** [SS/W SQ&Q] Fwd L com to trn LF, -, sd R DLC, spin LF on ball of R bring L undr bdy beside R no wgt flexed knees (*W bk R stg to trn LF, -, cl L to R [heel trn]/sd & slightly bk R cont LF trn, XLif*) to CP DLW ; **{Hover Tele}** Repeat meas 13 Part A ;

**09-12 CROSS PIVOT to SCAR ; 3 CROSS HOVERS to BJO-SCAR & SCP ; ; ;**

**{Cross Pivot to SCAR}** Manuv R comm strong RF turn, -, sd L arnd ptr cont RF turn, sd & fwd R (*W sm fwd L comm strong RF trn, -, fwd R btwn ptr's ft contg RF trn, sd & bk L*) to SCAR DLW ; **{Cross Hover to BJO}** XLif (*W XRib*), -, sd R rise trn LF, rec L to BJO DLC ; **{Cross Hover to SCAR}** XRif (*W XLib*), -, sd L w/ rise comm RF trn, rec R to SCAR ; **{Cross Hover to SCP}** XLif, -, sd R hvrg, rec L (*W XRib, -, sd & bk L w/ strong RF trn, fwd R*) to SCP LOD ;

**13-16 CROSS HESITATION ; SPIN TURN ; BACK & CHASSE to SCP ; SLOW SIDE LOCK ;**

**{Cross Hesitation}** [S,-,-/SQQ] Fwd R, w/o chg wgt trn ¼ LF on ball of R ft, -, cont trng LF on ball of R ft ckg, - (*W fwd L stg LF trn, -, sd R arnd M trng LF, contg LF trn cl L*) to BJO DRC ; **{Spin Turn}** Repeat meas 11 Part B ; **{Bk & Chasse to SCP}** [SQ&Q] Bk R, -, trng LF chasse sd L/cl R, sd & fwd L to SCP LOD ; **{Slow Sd Lk}** Thru R, -, fwd & sd L rising trng LF, cl R (*W thru L trng LF, -,sd R trng LF, XLif*) to CP DLC ;

## ENDING

**01-04 WHISK ; CHAIR & SLIP ; DRAG HESITATION INTO DIP BACK & HOLD ;**

**{Whisk}** Repeat meas 1 Part C to SCP ; **{Chair & Slip}** Repeat meas 4 Intro ; **{Drag Hesitation Into Dip Bk}** [SS;S] Fwd L, -, stg LF trn sd R, - ; Contg LF trn bk L w/ flexed knee & Hold ;