

STILL THE ONE

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MUSIC: Rhino Hi Five Album - Orleans - Song – Still The One Downloads Available
RHYTHM: Two Step **PHASE:** II+1 (Fishtail) **SPEED:** 100%
FOOTWORK: Opposite, directions for man except where noted.
SEQUENCE: Intro, A,B(1-8), A, B, C, D, B, B(1-8), End Release Date Sept 2007

INTRO

1-4 [OP FCG] WAIT ; ; APART POINT ; TOGETHER TOUCH [OP LOD] ;

1-4 [OP FCG] wait 2 meas ; ; bk L, -, pt R, - ; fwd R, -, tch L to OP LOD, - ;

5-8 FORWARD TWO STEP ; ROCK FORWARD RECOVER ; BACK TWO STEP ; ROCK BACK RECOVER ;

5-6 in OP fwd L, cl R, fwd L, - ; rk fwd R, -, rec L, - ;

7-8 bk R, cl L, bk R, - ; rk bk L, -, rec R, - ;

PART A

1-4 2 FORWARD TWO STEPS ; ; HITCH 6 ; ;

1-2 in OP LOD fwd L, cl R, fwd L, - ; fwd R, cl L, fwd R, - ;

3-4 fwd L, cl R, bk L, - ; bk R, cl L, fwd R, - ;

5-8 FORWARD LOCK FORWARD TWICE ; ; OPEN VINE 4 [BFLY] ; ;

5-6 fwd L, lk R in bk of L, fwd L, - ; fwd R, lk L in bk of R, fwd R, - ;

7-8 trng to fc sd L, -, XRIBL to L OP (W XLIBR), - ; trng to fc sd L, -, XRIFL (W XLIFR) to BFLY, - ;

9-12 FACE TO FACE ; BACK TO BACK ; BASKETBALL TURN ; ;

9-10 sd L, cl R, sd L trng LF 1/2 (W trng RF 1/2), - ; sd R, cl L, sd R trng RF 1/2 (W trng LF 1/2), - ;

11-12 fwd L trng RF 1/4 (W LF), -, rec R trng RF 1/4 (W LF), - ; fwd L trng RF 1/4 (W LF), - rec R trng RF 1/4(W LF) end in fcg Pos,- ;

13-16 2 TURNING TWO STEPS ; ; TWIRL VINE 2 ; WALK & FACE [BFLY] ;

13-14 in CP WALL sd L, cl R commence RF turn, sd & bk L across line of progression complete 1/2 RF turn, - ; sd R, Cl L commence RF turn, fwd R complete 1/2 RF Trn to Cl position wall - ;

15-16 from CP WALL sd L, -, XRIBL, - (W fwd R trng RF undr jnd ld hnds, -, cont trn sd & bk L, -) ; fwd L, -, fwd R to BFLY, - ;

PART B

1-4 VINE 3 & TOUCH ; WRAP ; UNWRAP ; CHANGE SIDES [BFLY] ;

1-2 sd L, XRIBL, sd L, tch R - ; ld W LF into WRP R, L, R, - (W trng LF wrap into M stp L, R, L, -) ;

3-4 ld W RF out of WRP in plc L, R, L, - (W trng RF out of WRP stp R, L, R, -) ; fwd L passing L shldrs ld hnds jnd, cl R W under ld hnds, fwd L trng LFto BFLY, - ;

5-6 BACK AWAY 3 & TOUCH ; TOGETHER CHANGE SIDES ;

5-6 bk L, bk R, bk L, tch R ; fwd R, fwd L, fwd R lift & trn 1/2 trng RF (W LF) passing behnd W, - ;

7-8 BACK AWAY 3 & TOUCH ; TOGETHER 3 ; [1st & 4th TIME TO OP, 2ND & 3RD TIME to BFLY NO HANDS]

7-8 bk L, bk R, bk L, tch R ; fwd R, fwd L, fwd R, - ; [1st & 4th TIME TO OP, 2ND & 3RD TIME to BFLY NO HANDS]

9-12 SKATE LEFT AND RIGHT ; SIDE TWO STEP ; SKATE RIGHT & LEFT ; SIDE TWO STEP [BFLY] ;

9-10 swvlg LF fwd L, drw R, swvlg RF fwd R, drw L ; sd L, cl R, sd L, - ;

11-12 swvlg RF fwd R, drw L, swvlg LF fwd L, drw R ; sd R, cl L, sd R to BFLY, - ;

13-16 TRAVELING DOOR TWICE ; ; ; [NOTE 1st time to CP WALL]

13-16 in Bfly rk sd L, -, rec R, - ; XLIFR, sd R, XLIFR, - ; Rk sd R, -, Rec L, - ; XRIFL, sd L, XRIFL, - ;
[1st time to CP WALL]

PART C

1-4 BROKEN BOX ; ; ; ;

1-4 sd L, cl R, fwd L, - ; fwd R, -, rec L, - ; sd R, cl L, bk R, - ; bk L, -, rec R, - ;

5-8 CIRCLE AWAY 2 TWO STEPS ; ; STRUT TOGETHER 4 [CP LOD] ; ;

5-6 circ LF twd COH (W twd WALL) fwd L, cl R, fwd L, - ; cont twd COH fwd R, cl L, cont trng LF fwd R to fc ptr, - ;
7-8 fwd L, -, fwd R, - ; fwd L, -, fwd R to CP LOD, - ;

9-12 LEFT TURNING BOX ; ; ; ;

9-12 in CP LOD sd L, cl R, fwd L trng 1/4 LF, - ; sd R, cl L, bk R trng 1/4 LF, - ; sd L, cl R, fwd L trng 1/4 LF, - ; sd R, cl L, bk R trng 1/4 LF, - ;

13-16 PROGRESSIVE SCISSORS [BJO CKG] ; ; FISHTAIL ; WALK 2 ;

13-14 sd L, cl R, fwd XLIFR to SCAR, - ; sd R, cl L, fwd XRIFL to BJO CKG, - ;
15-16 in BJO XLIBR(W XRIFL), sd R, fwd L, Ik RIBL(W Ik LIFR) ; fwd L, -, fwd R, - ;

17-20 FORWARD HITCH 3 ; HITCH SCISSOR [SCP] ; 2 FORWARD TWO STEPS ; ;

17-18 fwd L, cl R, bk L, - ; bk R, cl L, fwd R to SCP, - (W fwd L trng RF 1/2, cl R, fwd L) ;
19-20 fwd L, cl R, fwd L, - ; fwd R, cl L, fwd R, - ;

21-24 HITCH 6 ; ; TWIRL VINE 2 ; WALK 2 ;

21-22 fwd L, cl R, bk L, - ; bk R, cl L, fwd R, - ;
23-24 trng to fc sd L, -, XRIBL, - (W fwd R trng RF undr jnd ld hnds, -, cont trn sd & bk L, -) ;
fwd L, -, fwd R, - ;

PART D

1-4 OPEN VINE 4 ; ; FACE TO FACE ; BACK TO BACK ;

1-2 trng to fc sd L, -, XRIBL to L OP (W XLIBR), - ; trng to fc sd L, -, XRIFL (W XLIFR), to BFLY - ;
3 sd L, cl R, sd L trng LF 1/2(W trng RF 1/2), - ;
4 sd R, cl L, sd R trng RF 1/2(W trng LF 1/2), - ;

5-8 LACE ACROSS ; FORWARD TWO STEP ; LACE BACK ; FORWARD TWO STEP [BFLY] ;

5-6 ldg W under jnd ld hnds fwd L chg sds, cl R, fwd L, - ; fwd R, cl L, fwd R, - ;
7-8 ldg W under jnd trl hnds fwd L chg sds, cl R, fwd L, - ; fwd R, cl L, fwd R to BFLY, - ;

END

1-2 FORWARD TWO STEP ; ROCK FORWARD RECOVER ;

1-2 in OP fwd L, cl R, fwd L, - ; rk fwd R, -, rec L, - ;

3-4 BACK TWO STEP ; ROCK BACK RECOVER [CP WALL] ;

3-4 bk R, cl L, bk R, - ; rk bk L, -, rec R to CP WALL, - ;

5-8 2 TURNING TWO STEPS ; ; TWIRL VINE 2 ; WALK 2 ;

5-6 In CP WALL sd L, cl R commence RF turn, sd & bk L across line of progression complete 1/2 RF turn, - ;
sd R, cl L commence RF turn, fwd R complete 1/2 RF Trn to Cl position wall - ;
7-8 from CP WALL sd L, -, XRIBL, - (W fwd R trng RF undr jnd ld hnds, -, cont trn sd & bk L, -) ;
fwd L, -, fwd R, - ;

9-12 OPEN VINE 4 ; ; CIRCLE AWAY 2 TWO STEPS ; ;

9-10 trng to fc sd L, -, XRIBL to L OP (W XLIBR), - ; trng to fc sd L, -, XRIFL to OP (W XLIFR), - ;
11-12 circ LF twd COH (W twd WALL) fwd L, cl R, fwd L, - ; cont twd COH fwd R, cl L, cont trng LF fwd R to fc ptr, - ;

13-16 STRUT TOGETHER 4 ; ; TWIRL VINE 2 ; APART POINT ;

13-14 fwd L, -, fwd R, - ; fwd L, -, fwd R, - ;
15-16 sd L, -, XRIBL, - (W fwd R trng RF undr jnd ld hnds, -, cont trn sd & bk L, -) ; bk L, -, pt R, - ;