

You're Still Loved

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Music: "You're Still Loved" by Ballroom Orchestra & Singers

CD: The Best Waltz Collection of DanceLife

Release Date: May 2012

Music Source: Amazon.com single download

Rhythm & Phase: Waltz, Phase II+1 [Box Finish]

Degree of Difficulty: Avg

Original Length of Music: 2:30

Music Modification: Increase speed 5%

Sequence: Intro A A(mod) BC C(mod) D End

Footwork: Opposite for Woman unless otherwise noted

Cue Sheet Corrected: July 2012

INTRO (8 Measures)

1-4 **MAN FCING WALL AND PTR IN BFLY WITH LEAD FEET FREE FOR BOTH
WAIT; WAIT; STEP & SWING L; STEP & SWING R;**

1-2 (Wait; Wait) Hold intro position above for 2 measures;

3 (Step & Swing L) Maintaining Bfly position ~ Step sd L opening body up slightly, lift and move

R ft between ptr with the leg straight, toe pointing down with foot just slightly off floor, -;

4 (Step & Swing R) Maintaining Bfly position ~ Step sd R opening body up slightly, lift and move

L ft between ptr with the leg straight, toe pointing down with foot just slightly off floor, -;

5-8 **APT PT; TOG BFLY; CANTER 2X;;**

5 (Apt Pt) Apt L, pt R twd ptr, -;

6 (Tog Bfly) Tog R to bfly, tch L, -;

7-8 (Canter 2X) Sd L, drw R to L, clo R to L; Repeat;

PART A (8 Measures)

1-4 **WALTZ AWY; TRN IN TO LOP RLOD; BK UP WALTZ; BK DRW TCH;**

1 (Waltz Awy) Fwd L [with inside hnds joined] twd LOD trning awy from ptr,

sd & fwd R [to a slight bk to bk], clo L to R;

2 (Trn In to LOP RLOD) Fwd R trning in twd ptr, bk L continuing trn to fc RLOD,

clo R ending LOP RLOD;

3 (Bk Up Waltz) Bk L, bk R, clo L;

4 (Bk Drw Tch) Bk R, drw L to Rt, -;

5-8 **THRU TWINKLE RLOD; THRU FC CLO CPW;
LT TRNING BOX 1/2 TO FC COH BLENDING BFLY;;**

5 (Thru Twinkle RLOD) Fwd L between ptr w/ crossing step twd RLOD, sd R,

clo L blending to slight SCP LOD;

6 (Thru Fc Clo) Thru R, sd L to fc wall in CP, clo R;

7-8 (Lt Trning Box 1/2 Ending Bfly) Fwd L commencing 1/4 LF trn, complete trn sd R, clo L;

Bk R commence 1/4 LF trn, complete trn sd L to fc COH, clo R blending to Bfly at end of last step;

PART A - MODIFIED (8 Measures)

- 1-4** **TO RLOD ~ WALTZ AWAY; TRN IN TO LOP LOD;
BK UP WALTZ; BK DRW TCH;**
- 1** (Waltz Away) Fwd L [with inside hnds joined] twd RLOD trning away from ptr,
sd & fwd R [to a slight bk to bk], clo L to R;
- 2** (Trn In to LOP LOD) Fwd R trning in twd ptr, bk L continuing trn to fc LOD,
clo R ending LOP LOD;
- 3** (Bk Up Waltz) Bk L, bk R, clo L;
- 4** (Bk Drw Tch) Bk R, drw L to Rt, -;
- THRU TWINKLE LOD; THRU FC CLO CP COH;
LT TRNING BOX 1/2 TO CPW;;**
- 5** (Thru Twinkle LOD) Fwd L between ptr w/ crossing step twd LOD, sd R,
clo L blending to slight SCP RLOD;
- 6** (Thru Fc Clo) Thru R, sd L to fc COH in CP, clo R;
- 7-8** (Lt Trning Box 1/2 to CPW) Fwd L commencing 1/4 LF trn, complete trn sd R, clo L;
Bk R commence 1/4 LF trn, complete trn sd L to fc wall, clo R remaining in CP;

PART B (8 Measures)

- 1-4** **BOX;; TWIST VN 3; FWD FC CLO;**
- 1-2** (Box) Fwd L, sd R, clo L; Bk R, sd L, clo R;
- 3** (Twist Vn 3) Sd L, XRIB, Sd R; (Sd R, XLIF, Sd L;)
- 4** (Fwd Fc Clo) Fwd R (Bk L) commencing RF trn to fc Wall, sd L to fc Wall, clo R;
- 5-8** **REV BOX;; TO THE WALL ~ STEP FWD & PT; BOX FINISH PU SDCR;**
- 5-6** (Rev Box) Bk L, sd R, clo L; Fwd R, sd L, clo R;
- 7** (Step Fwd & Pt) Twd Wall step fwd L, pt fwd with R, -;
- 8** (Box Finish PU Sdcr) Bk R commencing 1/8 LF trn to fc DLW, sd L to Sdcr, clo R;
(Fwd L commencing 1/8 LF trn, sd R to Sdcr, clo L;)

PART C (8 Measures)

- 1-4** **PROG TWINKLE 3X;;; MANU;**
- 1-3** (Prog Twinkle 3X) XLIF twd DLW, sd R blending Bjo, clo L; XRIF twd DLC,
sd L blending Sdcr, clo R; XLIF twd DLW, sd R blending Bjo, clo L;
- 4** (Manu) Fwd R commence RF upper body trn, continue RF trn to fc ptr & RLOD sd L, clo R
(Bk L commence RF trn, fwd & sd R, clo L to R);
- 5-8** **2 RT TRNS CPW;; TO WALL ~ STEP FWD & PT; BOX FINISH PU SDCR;**
- 5-6** (2 Rt Trns CPW) Bk L commencing RF trn, continue trn sd R twd LOD trning RF, clo L;
Fwd R commencing RF trn, continue trn sd L diagonally across LOD trning RF,
clo R; (Fwd R commencing RF trn, continue trn sd L diagonally across LOD
trning RF, clo R; Bk L commencing RF trn, continue trn sd R toward LOD
trning RF, clo L;)
- 7** (Step Fwd & Pt) Twd Wall step fwd L, pt fwd with R, -;
- 8** (Box Finish PU Sdcr) Bk R commencing 1/8 LF trn to fc DLW, sd L to Sdcr, clo R;
(Fwd L commencing 1/8 LF trn, sd R to Sdcr, clo L;)

PART C - MODIFIED (8 Measures)

- 1-4 **PROG TWINKLE 3X;;; MANU;**
- 1-4 See original Part C, measures 1-4;;;;
- 5-8 **1 RT TRN PU LOD; FWD WALTZ; 2 LT TRNS CPW;;**
- 5 **(1 Rt Trn to PU LOD)** Bk L commence 1/4 RF trn, continue trn sd R twd LOD trning 1/4 RF, clo L;
- 6 **(Fwd Waltz)** Fwd R, fwd L, clo R to L;
- 7-8 **(2 Lt Trns)** Fwd L commence 1/4 LF trn, continue turn sd R diag across LOD turning up to 1/4 LF, clo L; Bk R commence up to 1/4 LF trn, continue trn sd L toward RLOD turning 1/4 LF, clo R to CPW;

PART D (14 Measures)

- 1-4 **SOLO TRN 6 BFLY;; CANTER 2X;;**
- 1-2 **(Solo Trn in 6)** Fwd L twd LOD trning away from ptr releasing hnds, sd R twd LOD continue trn joining inside hnds, clo L to fc RLOD LOP; Bk R twd LOD trning to fc ptr, sd L twd LOD, clo R to Bfly;
- 3-4 **(Canter 2X)** Sd L, drw R to L, clo R to L; Repeat;
- 5-8 **TW/VN; THRU TWINKLE LOD;**
THRU TWINKLE RLOD; THRU FC CLO BFLY;
- 5 **(Tw/Vn 3)** with lead hnds joined & raised between ptrs...Sd L, XRIB, sd L to Bfly (Sd & fwd R trning 1/2 RF under joined hnds, sd & bk L trning 1/2 RF, sd R);
- 6 **(Thru Twinkle LOD)** Thru R twd LOD w/ crossing step, sd L, clo R to L;
- 7 **(Thru Twinkle RLOD)** Thru L twd RLOD w/ crossing step, sd R, clo L to R;
- 8 **(Thru Fc Clo)** Thru R, sd L to Bfly fcing wall, clo R;
- 9-12 **STEP TO OP & PT FWD; SPIN MANU; 2 RT TRNS CPW;;**
- 9 **(Step to OP & Pt Fwd)** Sd & fwd L to OP LOD, pt R fwd to LOD (Lady pt L fwd), -;
- 10 **(Spin Manu)** Fwd R commencing RF upper body trn while bringing lead hnds between ptr & then releasing hnds, continue RF trn to fc ptr & RLOD sd L, clo R; (Commence LF spin in place L, R, L to end fcing ptr;)
- 11-12 **(2 Rt Trns CPW)** Bk L commencing RF trn, continue trn sd R twd LOD trning RF, clo L; Fwd R commencing RF trn, continue trn sd L diagonally across LOD trning RF, clo R; (Fwd R commencing RF trn, continue trn sd L diagonally across LOD trning RF, clo R; Bk L commencing RF trn, continue trn sd R toward LOD trning RF, clo L;)
- 13-14 **DIP BK & HOLD; REC BFLY;**
- 13 **(Dip Bk & Hold)** Step bk to COH L with relaxed knee, -, -;
- 14 **(Rec & Tch)** Rec R blending bfly, tch L to R, -;

END (7 Measures)

1-4

WALTZ AWY; TRN IN LOP RLOD; BK UP WALTZ; BK FC CLO CPW;

- 1 **(Waltz Awy)** Fwd L [with inside hnds joined] twd LOD trning awy from ptr,
sd & fwd R [to a slight bk to bk], clo L to R;
- 2 **(Trn In to LOP RLOD)** Fwd R trning in twd ptr, bk L continuing trn to fc RLOD,
clo R ending LOP RLOD;

3 **(Bk Up Waltz)** Bk L, bk R, clo L;

4 **(Bk Fc Clo CPW)** Bk R commence LF trn, bk & sd L finish LF trn to fc ptr in CP, clo R;

5-7

SWAY LT; SWAY RT; SLOWLY DIP BK & SLOW TWIST;

- 5 **(Sway Lt)** Step sd L shifting momentum of body towards the L ft causing the stretching of the
body on the left sd, -, -;
- 6 **(Sway Rt)** Step sd R shifting momentum of body towards the R ft causing the stretching of the
body on the right sd, -, -;
- 7 **(Slowly Dip Bk & Slow Twist)** Step bk to COH L with relaxed knee, -, slight LF upper body
rotation for Twist - (both might like to enjoy a Lady's leg crawl);.