



S.T. one

Choreographed by Rachael McEnaney (UK/USA) (March 2016)
 www.dancewithrachael.com - dancewithrachael@gmail.com
 Tel: +1 407-538-1533 - +44 7968181933



Description:	64 Counts, 4 wall, High Beginner level line dance
Music:	"Still The One" – Orleans. Approx 3.53 mins
Count In:	32 counts from when beat kicks in, dance begins on vocals. Approx 72 bpm
Notes:	
Video:	https://www.facebook.com/RachaelMcEnaney/videos/vb.323871602879/10153714669242880/?type=2&theater

Section	Footwork	End Facing
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 (<i>option to clap</i>) (2),	12.00
3 4	Step L back to L diagonal (3), touch R next to L (<i>option to clap</i>) (4)	12.00
5 6	Step R back to right diagonal (5), touch L next to R (<i>option to clap</i>) (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	<i>With body facing L diagonal (10.30)</i> 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 - HAPPY DANCING ☺