

S.T. ONE

Count: 64. Wall: 4. Level: High Beginner

Choreographer: Rachael McEnaney-White (UK/USA) March 2016

Music: **Still The One** by Orleans. Approx 3.53 mins

INTRO: 32 count from when beat kicks in, dance begins on vocals. Approx 72 bpm

K STEP HITCHING 1/4 LEFT

1,2 Step R forward 45° right, Touch L beside R **(option to clap)**

3,4 Step L back 45° left, Touch R beside L **(option to clap)**

5,6 Step R back 45° right, Touch L beside R **(option to clap)**

7,8 Step L forward 45° left, Turn ¼ left hitch R knee **[9:00]**

BACK, BACK, BACK, TOUCH BACK, STEP, KICK, BACK, TOUCH BACK

1-4 Step R back R, Step L back, Step R back, Touch L toe back

5-8 Step L forward, Kick R forward, Step R back, Touch L toe back **[9:00]**

STEP, TOGETHER, STEP, BRUSH, STEP, BRUSH, STEP, BRUSH

1-4 Step L forward, Step R beside L, Step L forward L, Brush R beside L

5-8 Step R forward, Brush L beside R, Step L forward, Brush R beside L **[9:00]**

JAZZ BOX 1/4 RIGHT, CROSS, VINE RIGHT, CROSS

1-4 Cross R over L, Step L back, Turn ¼ right step R to right, Cross L over R **[12:00]**

5-8 Step R to right, Step L behind R, Step R to right, Cross L over R

ROCK RIGHT, RECOVER, CROSS TOE STRUT, ROCKING CHAIR ON DIAGONAL

1-4 Rock R to right, Recover onto L, Cross ball of R over L, Drop heel to floor

5-8 **facing left diagonal [10:30]** Rock L forward, Recover onto R, Rock L back, Recover onto R

ROCK LEFT (square up), RECOVER 1/4 RIGHT, TOE STRUT, ROCKING CHAIR

1-4 Rock L to left, Recover ¼ right onto R, Touch ball of L forward, Drop heel to floor **[3:00]**

5-8 Rock R forward, Recover onto L, Rock R back, Recover onto L

HEEL STRUT, HEEL STRUT, V STEP

1-4 Touch R heel forward, Drop toe to floor, Touch L heel forward, Drop toe to floor

5-8 Step R forward 45° right, Step L to left, Step R back to centre, Step L beside R

STOMP 45° RIGHT, SWIVEL HEEL-TOE-HEEL, STOMP 45° LEFT, SWIVEL HEEL-TOE-HEEL

1-4 Stomp R 45° right, Swivel L heel in, Swivel L toe in, Swivel L heel in

5-8 Stomp L 45° left, Swivel R heel in, Swivel R toe in, Swivel R heel in **[3:00]**

64 REPEAT