STILL ME

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Phase & Rhythm: Ph 4 + 2 (Db1 Rev, Curved Feather) - WALTZ  Difficulty Level: Average
Footwork: Opposite, directions for man except as noted (W in parentheses) Released: June 2009 Ver 1.5
Sequence: Intro A, AMOD, B, B, INTERLUDE, A MOD(9-16), A MOD(9-16), End

Introduction

OP FCG M FC WALL, W FC COH 2 FT APT, LEAD FT FREE WAIT 3 NOTES;

1-4 2 FWD WALTZ STPS CLOCKWISE; (Find W’s Wrist); SOLO SPIN FC COH;
M TRNSIT ~ LADY WALTZ IN PLACE SHDW SKATERS BOTH RT FT FREE COH;
1 [Fwd Waltz] Heading toward woman in a circular clockwise direction past Ladies Rt shoulder Fwd L trng slightly LF, small fwd R, cl L;
2 [Fwd Waltz] Continue in a clockwise direction past Ladies Rt Shoulder Fwd R trng slightly RF, small sd L, cl R to find and grasp Lady’s Rt Wrist with Man’s Rt hand;
3 [Solo Spin] Step L trng LF leading Lady to trn RF starting spin or twirl in place, step R cont LT trn fc COH, cl L (step R comm. RF spin or twirl in place, cont RF step L, step R fc COH);
4 [M Transition ~ Lady Waltz in Place] Fwd R to SHDW Skaters, sd L, - ,(In place L, R, L) both Rt ft free COH;

5-8 SYNCOP FRNT VINE SKATERS DRC; RT TRN ½ OVRTRND DLW;
BACK & RT CHASSE FC WALL; SLOW CROSS CHECK DRW;
5 [Syncop Front Vine 12&3] XRIF of L, sd L/XRIB, sd L SHDW DRC;
6 [Right Trn Half] Fwd R comm. RF trn, cont trn sd L, bk R DLW;
7 [Back & Right Chasse 12&3] Bk L trng RF, sd L/cl R sd L fc WALL;
8 [Slow Cross Check 1 - - ] Lower well in R knee step fwd & across with L toward DRW – slowly extend R arm elbow first out to sd twd DRW SHDW - -;

9-12 BK & LFT CHASSE; FWD SD CLS; SHDW WHISK; RF UNDRARM ROLL;
9 [Back & Chasse 12&3] Bk R trn LF, sd L/cl R sd L DLW;
10 [Fwd Side Close] Fwd R DLW, sd L, cl R;
11 [Shadow Whisk] Fwd L DLW, fwd & sd R, XLIB of R (both XIB) fc LOD;
12 [RF Underarm Roll] Fwd R trng 1/4 RF to fc WALL w/ M bhnd W, both sd LOD L trng ½ RF while taking joined L hnds looping over W’s head to end bth fcg COH w/ M in front of W, both sd R LOD taking joined L hands down behind M’s back to M’s L hip;

13-17 SLOW CROSS CHECK DLC; BK & L CHASSE; TANDEM SPOT TURN SHDW;
FWD CLS~W RONDE TCH CP; FWD, RIGHT LUNGE - ; EXT LINE -, RECVR CL DLW;
13 [Slow Cross Check 1 - - ] Lower well in R knee step fwd & across with L toward DLC – slowly extend R arm elbow first out to sd twd DLC W behind the Man in M’s SHDW - -;
14 [Bk & Chasse 12&3] M’s SHDW Bk R trn LF, sd L/cl R sd L DRC drop hands to Tandem;
15 [Slow Spot Trn] Fwd & across with R to RLOD trng LF, rec L cont LT trn, close R to SHDW DLW;
16 [Fwd M Close 1 2 - ~ W Ronde Tch 1 - - ] Fwd L DLW, - with slight LF body trn lead Lady to ronde LF to fc partner, cl R (lady Fwd L, commence LF floor ronde with R toe on floor to fc partner, tch R) CP DLW;
17 [Fwd, Right Lunge 1 2 - ] Fwd L DLW, fwd & sd R with relaxed knee lift sd stretch keep heads strongly left - ;
18 [Extend Line Recover Close - 23] Extend the line by a slight rise in hips to allow Lady to extend back - , recover back onto L no trn, cl R CP;
Part A

1-4 HOVER; CHASSE to BJO; CURVD FEATHR CHK; BK PASSING CHG;

1 [Hover] Fwd DLW L trn LF, fwd & sd R rising slightly trng body 1/8 RF (Lady trng 3/8 RF), fwd L to SCP DLC;

2 [Chasse BJO 12&3] Thru R, sd & fwd L DLW/cl R, sd & fwd L to BJO DLW;

3 [Curved Feather Check] Fwd R trn RF, fwd & sd L foot trn RF, strong body trn RF small step fwd R to BJO
drc (bk L, bk R foot trn RF, strong body trn RF small step bk L in BJO);

4 [Back Passing Change] Bk L in BJO no trn, bk R backing DLC, bk L in BJO backing DLC;

5-8 BK & CHASSE to BJO; MANUVR; SPN TRN; BOX FIN;

5 [Back Chasse BJO 12&3] Bk R trn LF, sd & fwd L DLW/cl R, sd & fwd L to BJO DLW;

6 [Manuver] Fwd R in BJO, trn RF sd & fwd L, trn RF close R CP RLOD;

7 [Spin Turn] Trn RF back L, side & fwd R trn RF, side & back L bkng DRC;

8 [Box Finish] Bk R trn LF, sd & fwd L trn LF, cl R CP DLC;

9-12 FWD & CHASSE to BJO; IMPETUS to SCP; WING;

9 [Fwd Right Chasse 12&3] Fwd L comm. LF trn, cont LF trn sd & bk R DRC/cl L, sd & bk R BJO DRC;

10 [Impetus] Bk L, trn RF on L heel transfer weight to R, trn RF sd & fwd L to SCP DLC;

11 [Wing] Thru R body trn LF, body trn LF chl L to R (Thru L, slight body trn LF sd & fwd R, body trn LF fwd L) SDCR DLC;

12 [Cross Swivel & Check] Fwd L outsdi ptrn/swvl LF on L to fc DLW, point R sd & bk LOD, Fwd R cking in BJO;

13-16 BK, BK/LK, BK; BK HOVER TELEMARK; SEMI CHASSE; SLO SD CLS DLW;

13 [Back Bk/Lock, Back 12&3] Body trn RF bk L in BJO, bk R/lock LIFR (lock RIBL), bk R in BJO bkng LOD;

14 [Back Hover Telemark] Bk L turning RF, sd & fwd R twd wall rising in hover action, fwd L (fwd R outside M
turning RF, sd L wall rising, fwd R) SCP DLC;


16 [Slow Side Close] Thru R, slight RF turn sd & fwd L to fc DLW, close R to fc DLW;

Part A (MOD)

1-4 HOVER; CHASSE to BJO; CURVD FEATHR CHK; BK PASSING CHG;

5-8 BK CHASSE to BJO; MANUVR; SPN TRN; BOX FIN;

9-12 FWD & RT CHASSE to BJO; IMPETUS to SCP; WING;

9 CROSS SWIVEL BJO & CHECK;

13-16 BK, BK/LK, BK; BK HOVER TELEMARK; SLO SD LOCK DLC;

13 [Repeat Meas 1 thru 14 of Part A];

15 [Slow Side Lock] Thru R slight trn LF, fwd & sd L, trn LF lock RIBL CP DLC (lady trn LF lock LIFR);

16 [Change of Direction12-] Fwd L, fwd & sd R trn LF, draw L toward R CP DLC;

Part B

1-4 OP REV TRN; OUTSD CHECK to BJO; OUTSD CHANGE to SCP;

1 [Open Reverse Turn] Fwd L trn LF, sd & bk R to BJO backing LOD, bk L in BJO backing LOD;

2 [Outside Check] Bk R trng slightly LF, cont slight LF trn sd & fwd L, fwd R outsdi ptr to end BJO DRW;

3 [Outside Change] Bk L, bk R blending to CP trmg LF cont LF trn sd & fwd L (W sd & fwd R) SCP DLC;

4 [Chair & Slip 1 - 3] Thru R relax R knee fwd poise, rec bk L, slip R bk with LF upper body trn (W thru L
relax L knee, rec bk R leave L leg extended, swvl LF on R slip L fwd) CP DLC;

5-8 CLOSED TELEMARK; FWD & DEVELOP; SLO OUTSD SWVL; SLO SD LOCK DLC;

5 [Closed Telemark] Fwd L, comm. LF trn sd & bk R, cont LF trn sd & fwd L (W bk R, comm. LF trn bring L to R
no wgt, trn LF on R (heel trn) chg wgt to L, sd & bk R) BJO DLW;

6 [Check Develop 1 - 1] Ck Fwd R, (W Bk L, bring R ft up L leg, - extend R ft fwd), - ;

7 [Outside Swivel 1 - 1] Rec L comm RF upper body trn, leave R XIF of L, (W rec fwd R, swivel RF on R ft), - ;

8 [Slow Side Lock] Thru R slight trn LF, fwd & sd L, trn LF lock RIBL CP DLC (lady trn LF lock LIFR);
9-12 OP TELMARK; IN & OUT RUN;: WHIPLASH BJO:

9  [Open Telemark] Fwd L trn LF, fwd & sd R trn LF (Lady heel trn & cl L), trn LF sd & fwd L to semi DLW;
10-11 [In & Out Run] Thru R trn RF, sd & bk L trn RF, sd & bk R to BJO backing DLW; bk L in BJO trn RF, sd & fwd R small step LOD trn RF, sd & fwd L in SCP DLC;
12 [Whiplash 1 - -] Thru R no rise trn body LF to swivel lady to BJO pnt L to DLC shape to slight right sway, hold shape to right, slight rise in BJO DLC (thru L, swivel LF ronde R ccw to BJO, shape with man, slight rise in BJO w/shape);

13-16 BK WHISK; SEMI CHASSE; THRU TCH~W RONDE TCH CP; DBL REVERSE SPIN;
13  [Back Whisk] Bk L in BJO, slight trn RF sd & bk R, trn RF XLIB of R (XLIB of L) blend to SCP DLC;
14  [Semi Chasse 12&3] Thru R, sd & fwd L/cl R, sd & fwd L blend to SCP DLC;
15 [Thru M Tch 1 - - ~ W Ronde Tch 1 - -] Thru R DLC, - with slight LF body trn lead Lady to ronde LF to fc partner, tch L (lady Fwd L, commence LF floor ronde/fan with R toe on floor to fc partner, tch R) CP DLC;
16 [Double Reverse Spin 12&3] Fwd L DLC trn LF, fwd & sd R trn LF, spin LF on R to LOD;

Part B

1-4 OP REV TRN; OUTSD CHECK to BJO; OUTSD CHANGE to SCP;
1-4 [Chair, Recv Slip CP/DLC;
5-8 CLOSED TELEMARK; FWD & DEVELOP; SLO OUTSD SWVL; SLO SD LOCK DLC;
9-12 OP TELMARK; IN & OUT RUN;; WHIPLASH BJO;
13-16 BK WHISK; SEMI CHASSE; THRU RONDE CP; DBL REVERSE SPIN;
1-16 Repeat Meas 1-16 of Part B;..............

Interlude

1-4 DIAMOND TRNS CHECKED;....
1-4 [Diamond Turn & Check] Fwd L DLC trn LF, sd & bk R, bk L to BJO bkng DLW; bk R trn LF, sd & fwd L, fwd R BJO DRW; fwd L trn LF, sd & bk R, bk L to BJO bkng DRC; bk R trn LF, sd & fwd L, fwd R BJO DLC cng;

5-8 SLO OUTSIDE SWVL DLC; WEAVE 6 SCP;; SLO SD LK;
5 [Outside Swivel] Bk L turning body RF, allow R to draw bk slightly in front of L, - (W fwd R, swivel RF - ) SCP;
6-7 [Weave] Thru R, fwd L trn LF, bk R to BJO bkng LOD; bk L in BJO, bk R to CP trn LF, sd & fwd L to BJO DLC;
8 [Slow Side Lock] Thru R slight trn LF, fwd & sd L, trn LF lock RIBL CP DLC (W trn LF lock LFR);

Part A MOD(9-16)

9-12 FWD & RT CHASSE BJO; IMPETUS SCP; WING; CROSS SWIVEL BJO & CHECK;
13-16 BK, BK/LK, BK; BK HOVER TELEMARK; SLO SD LK; CHG DIR DLC;
9-16 Repeat Meas 9-16 of Part A MOD;............;

Part A MOD(9-16)

9-12 FWD & RT CHASSE BJO; IMPETUS SCP; WING; CROSS SWIVEL BJO & CHECK;
13-16 BK, BK/LK, BK; BK HOVER TELEMARK; SLO SD LK; CHG DIR DLC;
13-16 Repeat Meas 9 thru 14 of Part A;............;
15 [Thru Side Close] Thru R trn ¼ RF fc WALL, sd L, cl R fc WALL CP;
16 [Drift Apt 12-] Fwd L leading the Lady to drift apt, - drop hands, cl R to end facing partner WALL (W bk R, - , bk L to end lng COH);

END

1-4 2 FWD WALTZ STPS CLOCKWISE; (Find W'S R Wrist); SOLO SPIN FC COH;
M TRNSIT ~ LADY WALTZ IN PLACE SHDW SKATERS BOTH RT FT FREE COH;
5-8 SYNCOP VINE SKATERS; RT TRN ½ OVRTRND DLW;
BACK & RT CHASSE FC WALL; SLO X CHECK DLW & EXTEND;
1-8 Repeat Meas 1 thru 8 of Introduction;...........