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

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;
     (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;
     (Waltz AWY) Fwd L [with inside hnds joined] twd LOD trning away 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;
      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 AWY; TRN IN TO LOP LOD;
BK UP WALTZ; BK DRW TCH;

1 (Waltz Away) Fwd L [with inside hnds joined] twd RLOD trning awy 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;; TO THE WALL ~ STEP FWD & PT; BOX FINISH PU SDCR;

1-2 (Box) Fwd L, sd R, clo L; Bk R, sd L, clo R;
3 (Step Fwd & Pt) Twd Wall step fwd L, pt fwd with R, -;
4 (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;)
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 A - MODIFIED (8 Measures) 

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

1 (Waltz Away) Fwd L [with inside hnds joined] twd RLOD trning awy 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;; TO THE WALL ~ STEP FWD & PT; BOX FINISH PU SDCR;

1-2 (Box) Fwd L, sd R, clo L; Bk R, sd L, clo R;
3 (Step Fwd & Pt) Twd Wall step fwd L, pt fwd with R, -;
4 (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;)
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 tewd 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 pters…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 fwsd), -;

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,
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;

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);.

END (7 Measures)