

# Still Dancing

Compte: 32

Mur: 2

Niveau: Intermediate

Chorégraphe: Paul Steinborn (DE), Lisa Altenkirch (DE) & Emma Ruhnau (DE) - October 2021

Musique: She's Still Dancing - Hugo Helmig



**Phrases: A-T-A-A-Restart-A-T2-A-A-A-A-A**

**A - Part**

**[1-8] Out out, knee pop, sailor ¼ turn, step touch R+L, step hitch ¼ turn**

- & 1 & 2 Step RF to side (&), Step side on L (1), Lift both heels (&), Lower both knees (2)  
3 & 4 Cross behind on LF (3), ¼ turn L and step back on R (&), Step forward on L (4),  
5 & 6 & Step diagonal forward on R (5), Touch together on L (&), Step diagonal forward on L (6),  
Touch together on R (&),  
7 8 Step forward on R (7), Hitch L with ¼ turn R (8),

**[9-16] Cross, Side, Sailor ½ turn, Step back with Heel Grinds R+L, Coaster step, Walk L**

- 1 2 Cross LF over RF (1), Step side on RF (2),  
3 & 4 Cross LF behind RF with ¼ turn to L (3), ¼ turn L with step back on RF (&), Step forward on LF (4),  
5 6 Step back on RF, Turn left heel to L (5), Step back on LF, Turn right heel to R (6),  
7 & 8 & Step back on RF (7), Step together on LF (&), Step forward on RF (8), Step forward on LF (&),

**[17-24] Step hitch, Hold, Out out, Sway sway, Slide, Hold**

- 1 2 Step forward on RF (1), Make a hitch on L (2),  
3 & 4 Hold (3), Step out on LF (&), Step out on RF (4),

**\* Restart with Step change in Wall 3.**

- 5 6 Swing your hips to right side (5), Swing hips to left side (6),  
7 8 Slide to right side on RF (7), Hold (8),

**\*Restart: Step in Place on LF (&), Touch RF next to LF (4)**

**[25-32] Sailor ¼ turn, Step, ¼ turn, Sailor ¼ turn, Step, ¼ Turn with Sweep; Touch**

- 1 & 2 Cross LF behind RF (1), ¼ turn L and step back on RF (&), Step forward on LF (2),  
3 4 Step forward on RF (3), ¼ turn L with step side on LF (4),  
5 & 6 Cross RF behind LF (5), ¼ turn R and step back on LF (&), Step forward on RF (6),  
7 8 Step forward on LF (7), ¼ turn with weight on LF and swing the RF from back to front and touch RF next to LF (8)

**Tag**

**[1-8] Step back with drag R+L, step ¼ turn, head movement**

- 1 2 Step RF diagonal backwards and push R arm diagonal forward to L (1), Drag LF next to RF (2)  
3 4 Step LF diagonal backwards and push L arm diagonal forward to R (3), Drag RF next to LF (4),  
5 6 ¼ turn R and step side on RF (5), Start making ¼ turn to R slowly with the head (6),  
7 8 Continue the head-turn (7), Finish Head-Turn (8)

**Arms: follow with your R hand the head movement, start with the hand in front of your face (5-8)**

**[9-16] ¼ turn, Step drag R+L, arm movement,**

- 1 2 ¼ turn L with step forward on LF (1), Drag RF next to LF (2)  
3 4 Step RF forward (3), Drag LF next to RF (4)  
5 6 Step LF forward (5), Drag RF next to LF (6)  
7 8 Start raising your R arm slowly in the air (7), Drag RF next to LF and finish raising you R arm (8),

**[1-4] Arm movement, Cross, full turn**

1 2            Bring your R hand down in front of your chest (1), Cross RF over LF (2),  
3 4            Start full turn L (3), Finish full turn L with weight on LF (4)

**\*Note: The counting of the tag is really difficult. It's easier to listen to the song.**

**Tag 2**

**[1-8] Step back with drag R+L, step ¼ turn, head movement**

1 2            Step RF diagonal backwards and push R arm diagonal forward to L (1), Drag LF next to RF  
                 (2)  
3 4            Step LF diagonal backwards and push L arm diagonal forward to R (3), Drag RF next to LF  
                 (4),  
5 6            ¼ turn R and step side on RF (5), Start making ¼ turn to R slowly with the head (6),  
7 8            Continue the head-turn (7), Finish Head-Turn (8)

**Arms: follow with your R hand the head movement, start with the hand in front of your face (5-8)**

**[9-16] ¼ turn, Step drag R+L, arm movement**

1 2            ¼ turn L with step forward on LF (1), Drag RF next to LF (2)  
3 4            Step RF forward (3), Drag LF next to RF (4)  
5 6            Step LF forward (5), Drag RF next to LF (6)  
7 8            Start raising your R arm slowly in the air (7), Drag RF next to LF and finish raising you R arm  
                 (8),

**Enjoy dancing and Have fun!**

**Contact: Paul Steinborn - [p.steinborn24@gmail.com](mailto:p.steinborn24@gmail.com)**

---