

# Still Dancing

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Paul Steinborn (DE), Lisa Altenkirch (DE) & Emma Ruhnau (DE) - October 2021  
音乐: 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!**

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