

Still The Same

拍數: 64 牆數: 1 級數: Intermediate / Advanced
編舞者: Hedy McAdams (USA)
音樂: Still The Same - Bob Seger



SHUFFLE (RIGHT-LEFT-RIGHT), SLIDE, SLIDE, SHUFFLE (LEFT-RIGHT-LEFT), TURN, ROCK

- 1&2 Shuffle forward right-left-right (long strides)
 - 3 Slide-step left on a diagonal left and forward
 - 4 Slide-step right on a diagonal right and forward
 - 5&6 Shuffle forward left-right-left (long strides)
- Ball of left foot is planted through count 9, except to pivot**
- 7 Slide-step ball of right forward on diagonal right and turn ¼ left
 - 8 Rock-step left (in place)

ROCK, STEP, CROSS & CROSS, ROCK, STEP, CROSS & CROSS

- 9 Rock-step right on right (push hips right)
- Planted foot is released to allow stepping left foot back slightly to prepare for the cross-shuffles.**
- 10 Shift weight left (step back slightly)
 - 11&12 Cross-shuffle right over left to left
 - 13 Rock-step left to left (push hips left)
 - 14 Shift weight right (step back slightly)
 - 15&16 Cross shuffle left over right to right

TURN, TOGETHER, SHUFFLE, SHUFFLE (LEFT-RIGHT-LEFT), TURN, ROCK

- 17 Step right to right and turn ¼ left
 - 18 Step left beside right
- Legs remain crossed for the entire cross shuffles sequence. Progress to the left when crossing right over left and to the right when crossing left over right**
- 19&20 Shuffle forward right-left-right
 - 21&22 Shuffle forward left-right-left
- Ball of left foot is planted through count 25, except to pivot**
- 23 Slide-step right on a diagonal right and turn ¼ left
 - 24 Rock-step left (in place)

ROCK, STEP, CROSS & CROSS, ROCK, TURN, TURN & TURN

- 25 Rock-step right to right (push hips right)
- Planted foot is released to allow stepping left foot back slightly to prepare for the cross-shuffles.**
- 26 Shift weight left (step back slightly)
 - 27&28 Cross-shuffle right over left to left
 - 29 Rock-step left to left (push hips left)
 - 30 Pivot ¼ right and step slightly forward on right
- Begin turning shuffle**
- 31 Step forward on left and turn ¼ right
 - & Step right beside left
 - 32 Turn ¼ right and step back on left

SHUFFLE (RIGHT-LEFT-RIGHT), BACK, TOUCH, FORWARD, TOUCH, FORWARD, TOUCH

- 33&34 Shuffle back on a diagonal right right-left-right
- 35 Step back on left (angle body left)
- 36 Touch right beside left
- 37 Big step forward right
- 38 Touch left beside right

- 39 Step left forward with left toe out (angle body left)
40 Sharply touch right toe beside left

TURN, TOUCH, SIDE, TOUCH, CROSS-BALL-CHANGE, TOUCH, UNWIND

- 41 Big slide-step to right on right and turn $\frac{1}{4}$ turn left
42 Smooth slide-step left beside right (touch)
43 Big slide-step to left on left
44 Smooth slide-step right beside left (touch)

Begin cross-ball-change

- 45 Swing right foot to right and step right behind left
& Step ball of left beside right (lean right)
46 Step right foot slightly right
47 Swing left foot to left and touch ball of left foot behind and to right of right foot (lean left)
48 Gradually shift weight left as you lean left and unwind $\frac{3}{4}$ left, then drop left heel completing weight shift left

SHUFFLE (RIGHT-LEFT-RIGHT), ROCK, ROCK, TURN & STEP, ROCK, ROCK

- 49&50 Shuffle forward right-left-right
51 Rock forward on left
52 Rock back on right (in place)

Begin turning shuffle

- 53 Turn $\frac{1}{4}$ left and step left to left
& Step right beside left
54 Turn $\frac{1}{4}$ left and step forward on left foot

Ball of left foot is planted through count 57, except to pivot

- 55 Slide-step ball of right foot forward on diagonal right and turn $\frac{1}{4}$ left
56 Rock-step left (in place)

SLIDE, POP, SLIDE, POP, BACK, TURN, TURN, TURN

- 57 Slide-step right to right
58 Slide left behind right and pop right knee
59 Slide right to right (straight leg)
60 Slide left behind right and pop right knee
61 Step right to right and pivot $\frac{1}{4}$ left

Then immediately lift left foot to begin a 2-count rolling turn to back wall

Counts 62-64 are intended to be smooth flowing, not sharp, direction changes. "anchor" ball of left foot to floor for counts 62-63. On count 63, lean body toward back wall as you pivot left. Keep face looking toward back wall until last possible moment.

- 62 Turn $\frac{1}{2}$ left and step forward on left
63 Step forward on ball of right foot then pivot $\frac{1}{4}$ left
64 Pushing off from right foot, pivot $\frac{1}{4}$ left and step forward on left

REPEAT

Students may be inclined to skip counts 7-8, 23-24, and 55-56. They should be encouraged early in the teaching to count each set of 8 to the 8th count, to confirm that they have completed that set before moving on to the next.
