|  |  |
| --- | --- |
| S.T. One |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 64 | **Wall:** | 4 | **Level:** | High Beginner | . |
| **Choreographer:** | Rachael McEnaney (USA) - March 2016 | | | | |
| **Music:** | Still the One - Orleans | | | | |
| . | | | | | | |

**Count In: 32 counts from when beat kicks in, dance begins on vocals. Approx 72 bpm**

**[1 – 8] K step – R fwd, touch L, L back, touch R, R back, touch L. L fwd, ¼ turn L hitching R**

|  |  |
| --- | --- |
| 1 2 | Step R forward to right diagonal (1), touch L next to R (option to clap) (2), 12.00 |

|  |  |
| --- | --- |
| 3 4 | Step L back to L diagonal (3), touch R next to L (option to clap) (4) 12.00 |

|  |  |
| --- | --- |
| 5 6 | Step R back to right diagonal (5), touch L next to R (option to clap) (6), 12.00 |

|  |  |
| --- | --- |
| 7 8 | Step L forward to left diagonal (7), make ¼ turn left as you hitch R knee (8) 9.00 |

**[9 – 16] Walk back R-L-R, L touch back, L fwd, R kick, R back, L touch back**

|  |  |
| --- | --- |
| 1 2 3 4 | Step back R (1), step back L (2), step back R (3), touch L toe back (4) 9.00 |

|  |  |
| --- | --- |
| 5 6 7 8 | Step forward L (5), kick R forward (6), step back R (7), touch L toe back (8) 9.00 |

**[17 – 24] L fwd, R close, L fwd, R brush, R fwd, L brush, L fwd, R brush**

|  |  |
| --- | --- |
| 1 2 3 4 | Step forward L (1), step R next to L (2), step forward L (3), brush R next to L (4) 9.00 |

|  |  |
| --- | --- |
| 5 6 7 8 | Step forward R (5), brush L next to R (6), step forward L (7), brush R next to L (8) 9.00 |

**[25 – 32] R jazz box with ¼ turn R, L cross, weave R**

|  |  |
| --- | --- |
| 1 2 3 4 | Cross R over L (1), make 1/8 turn right step back L (2), make 1/8 turn right step R to right side (3), cross L over R (4) 12.00 |

|  |  |
| --- | --- |
| 5 6 7 8 | Step R to right side (5), cross L behind R (6), step R to right side (7), cross L over R (8) 12.00 |

**[33 – 40] R side rock, R crossing toe strut, L rocking chair on diagonal**

|  |  |
| --- | --- |
| 1 2 3 4 | Rock R to right side (1), recover weight L (2), cross ball of R over L (3), drop R heel to floor taking weight R (4) 12.00 |

|  |  |
| --- | --- |
| 5 6 7 8 | With body facing L diagonal (10.30) Rock forward L (5), recover weight R (6), rock back L (7), recover weight R (8) 10.30 |

**[41 – 48] L side rock with ¼ turn R, L toe strut, R rocking chair**

|  |  |
| --- | --- |
| 1 2 3 4 | Rock L to left side (1), recover weight R making ¼ turn right (2), touch ball of L forward (3), drop L heel to floor taking weight L (4) 3.00 |

|  |  |
| --- | --- |
| 5 6 7 8 | Rock forward R (5), recover weight L (6), rock back R (7), recover weight L (8) 3.00 |

**[49 – 56] R heel strut, L heel strut, V step R-L-R-L**

|  |  |
| --- | --- |
| 1 2 3 4 | Touch R heel forward (1), drop R toe to floor taking weight R (2), touch L heel forward (3), drop L toe to floor taking weight L (4) 3.00 |

|  |  |
| --- | --- |
| 5 6 7 8 | Step R to right diagonal (5), step L to left side (shoulder width apart from R) (6), step back R (7), step L next to R (8) 3.00 |

**[57 – 64] R diagonal stomp, L heel-toe-heel swivel, L diagonal stomp, R heel-toe-heel swivel**

|  |  |
| --- | --- |
| 1 2 3 4 | Stomp R to right diagonal (1), swivel L heel in (2), swivel L toe in (3), swivel L heel in (4) 3.00 |

|  |  |
| --- | --- |
| 5 6 7 8 | Stomp L to left diagonal (5), swivel R heel in (6), swivel R toe in (7), swivel R heel in (8) 3.00 |

**START AGAIN - HAPPY DANCING ☺**

**Notes:**

**Video: https://www.facebook.com/RachaelMcEnaney/videos/vb.323871602879/10153714669242880/?type=2&theater**

**Contact: www.dancewithrachael.com - dancewithrachael@gmail.com - Tel: +1 407-538-1533 - +44 7968181933**