

YOU'RE STILL THE ONE

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MUSIC: CD – Shania Twain – Come On Over – “You’re Still The One” Track #10

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SEQUENCE: Intro, A, B, A, B, Inter, B, Ending **FOOTWORK:** Described for M - W opp (or as noted)

RHYTHM: Slow Two-Step **PHASE:** VI **RELEASED:** August 2017

INTRO

1 - 4 WAIT 2 MEAS;; SLOW ROCK L & R; SIDE CHECK REC TCH LADY TURN R CLOSE TO BFLY;

- 1-2 - Wait 2 measures in close TANDEM POS FCING WALL M behind W both w/L ft free pointed sd twd LOD;;
SS 3 - With hands on W's hips sd L,-, sd R,-;
SQ- 4 - Sd L,-, rec R leading W w/R hand slightly tugging on W's R hip to turn around, tch L to R (sd L,-, rec R/trng
(SQQ) ½ RF, cl L to R) to end BFLY POS M FCING WALL;

PART A

1 - 4 SIDE BASIC M HOOK TURN UNDER; REVERSE UNDERARM INTO; CIRCULAR TRIPLE TRAVELER;;

- 1 - Sd L,-, XRIB of L trng RF under joined lead hands, rec L completing 1 full RF trn (sd R,-, XLIB of R, rec R);
2 - Sd & fwd R,-, fwd & across L leading W to trn under, rec R trng LF (sd & fwd L,-, fwd & across R trng LF under joined lead hands, rec L cont LF trn);
3 - Sd & fwd L raising lead hands,-, fwd & sd R, fwd & across L (fwd & across R spiral 7/8 LF,-, cont LF trn fwd & sd L, fwd R cont trng LF under joined lead hands) to end in L OPEN POS V-SHAPE LOD;
S-- 4 - Fwd & across R twd COH, slowly turn LF on R to fc under joined lead hands, as you lead W like a lariat (fwd
(SQQ) & sd L shaping RF to M,-, strongly curving RF around M fwd R, fwd L) to end in L OPEN V-SHAPE RLOD;

5 - 8 FOR 5 MEASURES;;; THEN M SPIRAL UNDER & FWD WITH;

- 5 - Fwd & across L RLOD,-, raising joined lead hands to lead W under RF sd & fwd R, fwd & across L (fwd & across R,-, fwd & sd L trng RF under joined lead hands, fwd R) sill in V-shape L OPEN POS FCING RLOD;
S-- 6 - Fwd & across R twd WALL, slowly turn LF on R to fc under joined lead hands, as you lead W like a lariat (fwd
(SQQ) & sd L shaping RF to M,-, strongly curving RF around M fwd R, fwd L) to end in L OPEN POS V-SHAPE LOD;
7 - Fwd & across L LOD,-, raising joined lead hands to lead W under RF sd & fwd R, fwd & across L (fwd & across R,-, fwd & sd L trng RF under joined lead hands, fwd R) still in V-shape L OPEN POS FCING LOD;
8 - Fwd & sd R, spiral 7/8 LF under joined lead hands, fwd L, fwd R (fwd & sd L shaping RF to M,-, fwd & across R, fwd & sd L) still in V-shape L OPEN POS FCING LOD;

9-12 HORSESHOE TURN ENDING TO; OPEN FALLAWAY RONDE & VINE; SPIRAL CROSS CHASSE; STACK HANDS OPEN BREAK TO;

- 9 - Taking joined lead hands high twds RLOD fwd L twd LOD toeing in & shaping to ptr,-, curve walk fwd R twd COH allowing W to pass inside under joined lead hands, fwd L twd RLOD to end having changed sides & both fcng RLOD;
10 - Fwd R RLOD trng ½ LF releasing lead hands to join trailing hands as you ronde L ft CCW (R ft CW) to brief OPEN POS FCING LOD,-, bk L, trng RF sd & fwd R releasing trailing hands;
11 - Fwd & across L, spiral 7/8 RF, sd R, XLIF of R joining R hands;
12 - Sd R joining L hands under R hands,-, apart L, sd & fwd R (rec L) to offset w/partner W to your L;

13-16 PASSING ALTERNATING UNDERARM TURNS; w/CROSS CHASSE ENDING; CROSS HAND UNDERARM TURN TO; LARIAT 6 M FACE CENTER w/LADY SPIRAL ON 3;

- 13 - Fwd L twd WALL raising R hands,-, fwd & sd R twd WALL trng LF raising L hands & lowering R hands, rec L cont LF trn under joined L hands (fwd R twd COH comm trng RF under joined R hands,-, fwd & sd L twd COH trng RF under joined L hands, rec R cont RF trn);
14 - Bk & sd R twd COH taking R hands over head,-, sd L LOD, XRIF of L (bk & sd L twd WALL,-, sd R, XLIF of R) to end fcng still hands joined R over L;
15 - Sd L,-, XRIB of L taking R arm over W's head, rec L taking L arm over W's head (sd R,-, fwd & across L trng RF first under joined R hands, then L hands fwd R cont RF trn);
16 - Fwd R twd WALL under joined L hands trn ½ LF immediately raising R hands & starting to lower L hands,-, sd & slightly bk L, rec R taking L hands high leading W to spiral & R hands low (sd & fwd L,-, circling around M fwd R, fwd L/spiral 7/8 RF) to end M fcng COH & W to M's R sd;

PART A (CON'T)**17-20 M CLOSE & FC WALL; R HANDS OPEN BREAK TO SKATER REVERSE; WHEEL TO; SLOW SURPRISE CHECK (FACE LINE);**

- 17 - Cl L to R,-, fwd R twd COH trng ½ LF first under joined L hands, then R hands rec L (continue circling around M fwd R,-, fwd L, fwd R trng RF to fc M);
- 18 - Sd R RLOD releasing L hands,-, apart L, fwd & across R (rec L) to offset w/partner W to your R;
- 19 - Fwd L twd WALL trng ¼ RF to fc RLOD re-joining L hands to SKATER POS RLOD,-, wheel ½ RF fwd R, fwd L (fwd R twd COH trng ¼ LF to fc RLOD,-, wheel ½ RF bk L, bk R) to end SKATER POS FCING LOD;
- ss 20 - Fwd R LOD flexing knee w/check action looking bk at W,-, rec L (bk L RLOD flexing knee,-, rec R) still in SKATER POS FCING LOD,-;

PART B**1 - 4 FORWARD 3 w/M's HEAD LOOP; CONTINUOUS TRAVELING RIGHT TURNS;;;**

- 1 - Fwd R LOD releasing R hands,-, fwd L taking L arms over head, fwd R releasing L hands to ½ OPEN LOD;
- 2 - Folding RF in front of W sd & bk L to CP RLOD,-, XRIB of L pressure wgt, twist trn 5/8 RF on both feet to fc DLW & shift full wgt bk to L (fwd R LOD between M's feet,-, cont RF trn around M fwd L twd WALL, fwd R twd RLOD checking) to end BJO M FCING DLW;
- 3 - Fwd R outside ptr folding RF in front of W to CP RLOD,-, bk L pivot ½ RF, fwd R cont RF pivot (bk L trng RF to square w/ptr,-, fwd R pivot ½ RF, bk L cont RF pivot) to end approximately CP DRW;
- 4 - Cont RF trn sd & bk L to CP RLOD,-, XRIB of L pressure wgt, twist trn 5/8 RF on both feet to fc DLW & shift full wgt bk to L (fwd R LOD between M's feet,-, cont RF trn around M fwd L twd WALL, fwd R twd RLOD checking) to end BJO M FCING DLW;

5 - 8 w/OUTSIDE ROLL; LUNGE BASIC CHECKING HER w/INSIDE TURN; R HANDS LUNGE BASIC; TOUCH LADY SPIRAL TO VARSOUVIENNE & RUN TO;

- 5 - Fwd R twd LOD outside ptr raising joined lead hands,-, fwd & sd L, fwd & across R (bk L,-, trng RF fwd R under joined lead hands, fwd L cont RF trn) to end fcng partner & DLW;
- 6 - Sd L flexing L knee placing R hand on W's R hip checking her,-, rec R, XLIF of R (sd R LOD flexing R knee,-, rec L comm LF trn, fwd R trng LF under joined lead hands);
- 7 - Sd R flexing R knee joining R hands,-, rec L, XRIF of L (sd L flexing L knee joining R hands,-, rec R, XLIF of R) to end w/R handshake in OPEN "V" POS fcng LOD;
- QQ 8 - Touch L to R leading W small fwd to spiral taking R hands down & up over W's R shoulder,-, joining L hands (SQQ) fwd L DLW, fwd R (small fwd R, spiral 7/8 LF on R,-, fwd L, fwd R) to end in VARSOUVIENNE POS DLW;
- NOTE:** Now same footwork until measure 15.

9 -12 VARSOUVIENNE SWITCH; & BREAK; PARALLEL CHASE; VARSOUVIENNE SWITCH;

- 9 - Fwd L twd DLW trn sharply RF to brief TANDEM VARSOUVIENNE POS fcng COH,-, cont RF trn small sd R twd LOD, cont RF trn small fwd & across L completing ¾ RF trn allowing W in front of you toe end having changed sides in LEFT VARSOUVIENNE POS FCING DLC;
- 10 - Fwd & sd R LOD trn ¼ LF,-, XLIF of R, rec R to end in VARSOUVIENNE POS FCING DRC;
- 11 - Fwd & sd L RLOD trng ¼ RF,-, rec sd & fwd R, XLIF of R to LEFT VARSOUVIENNE POS FCING DLC;
- 12 - Fwd R twd DLC trn sharply LF to brief TANDEM VARSOUVIENNE POS fcng WALL,-, cont LF trn small sd L twd LOD, cont LF trn small fwd & across R completing ¾ LF trn allowing W in front of you to end having changed sides in VARSOUVIENNE POS FCING DLW;

13-16 LUNGE BASIC w/BOTH RIFF TURN; SIDE BASIC w/ARMS; SOLO SPIN L TO BFLY M IN 2; SIDE DRAW CLOSE; * (2ND TIME SIDE DRAW CLOSE TO R HANDSHAKE);

- 13 - Trng slightly RF sd L LOD to fc WALL flexing L knee & taking both hands down low at W's side,-, releasing hands rec R toe pointing DRW/spin RF 1 full turn, cl L to R to end TANDEM WALL nothing touching;
- 14 - Sd R comm taking both arms across body,-, XLIF of R all arms now extended twds RLOD, rec R;
- ss 15 - Sd L toe pointing DLW/spin LF 1 full turn,-, cl R to L (sd L toe pointing DLW/spin LF 1 full turn,-, cont LF trn (SQQ) to turn around in place R, L completing 1 ½ LF turns) to end in BFLY POS M FCING WALL;
- NOTE:** Now opposite footwork again.
- ss 16 - Sd L,-, draw R twd L & cl R to L still in BFLY,-; *2nd Time only join R hands for Interlude.

PART A**PART B (To R Handshake)**

INTERLUDE**1 - 4 UNDERARM TURN; BACK BREAK TO VARSOUVIENNE LINE;****RIGHT HANDS FORWARD LADY ROLL OUT; FORWARD LADY FREE ROLL IN;**

- 1 - Sd L raising joined R hands,-, XRIB of L, rec L taking R hands down (sd R,-, fwd & across L trng RF under joined R hands, fwd R cont RF trn);
- 2 - Trng LF sd R raising joined R hands over W's head,-, joining L hands XLIB of R, rec R (sd L cont RF trn under joined R hands,-, XRIB of L, rec L) to VARSOUVIENNE POS FCING LOD;
- 3 - Fwd L,-, release L hands leading W w/R hand to roll RF fwd R, fwd L (fwd R,-, fwd L/spiral 7/8 RF, cont RF trn fwd L) to end w/R hands joined in front of W fcng LOD;
- 4 - Fwd R,-, leading W w/R hand to roll LF & then release fwd L, fwd R (fwd L,-, fwd R/spiral 7/8 LF, cont LF trn fwd L) to end nothing touching in OPEN "V" POS FCING LOD;

5 - 8 OPEN BASIC; RIGHT HANDS OPEN BREAK TO SKATER REV; WHEEL TO;**SLOW SURPRISE CHECK (FACE LINE);**

- 5 - Trng RF sd L scooping ptr up w/L arm to V-shape LEFT ½ OPEN POS FCING RLOD,-, XRIB of L, rec L;
- 6 - Trng slightly LF sd R joining R hands,-, apart L, fwd & across R (rec L) to offset w/partner W to your R;
- 7 - Fwd L twd WALL trng ¼ RF to fc RLOD joining L hands to SKATER POS,-, wheel ½ RF fwd R, fwd L (fwd R twd COH trng ¼ LF to fc RLOD,-, wheel ½ RF bk L, bk R) to end SKATER POS FCING LOD;
- ss 8 - Fwd R LOD flexing knee w/check action looking bk at W,-, rec L (bk L RLOD flexing knee,-, rec R) still in SKATER POS FCING LOD,-;

PART B**ENDING****1 - 5 EGGBEATER TURN; TO WRAP WALL RIGHT LUNGE; SIDE CHECK JOIN LEFT HANDS & UNDERARM ROLL RIGHT; TO SLOW SIDE LUNGE w/ARMS; REC LADY SWEEP & CARESS;**

- 1 - Sd L raising lead hands but also taking trailing hands thru twd LOD at shoulder level,-, XRIB of L trng W under lead hands, rec L taking lead hands to M's upper R arm to release hand hold & immediately re-join under M's R arm while trng W under trailing hands (trng RF sd & fwd R,-, fwd & across L trng RF under joined lead hands, fwd R cont RF trn under trailing hands);
- s-- 2 - Sd R leading W under trailing hands again,-, flex R knee in lunge line (sd & fwd L twd RLOD trng ½ RF on L (SS) under joined trailing hands,-, small sd R flex knee in lunge line) to end in R lunge WRAP POS FCING WALL;
- 3 - Sd L extending L arms to join L hands,-, rec R comm RF trn, fwd L RLOD cont RF trn leading W under joined L hands (sd L,-, rec R comm RF trn, fwd L RLOD cont RF trn under joined L hands);
- s-- 4 - Cont RF trn sd R flex knee RLOD to fc WALL as you slowly sweep R arms up & out to side thru measure w/L hands now joined behind M's R hip;
- s-- 5 - Rec L w/straight leg on last syllable of song "by" of "baby" placing R arm around W (rec L shaping twd M as you sweep R arm up & down to caress M's L sd of fc) to hold the line keeping R ft pointed twd RLOD;

NOTE: Timing is standard SQQ unless noted by side of measure and is reflective of actual weight changes.