

# S.T. One

LINEDANCE.COM

**Count:** 64      **Wall:** 4      **Level:** High Beginner

**Choreographer:** Rachael McEnaney -White (UK/USA) March 2016

**Music:** "Still The One" - Orleans. Approx 3.53 mins

**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  $\frac{1}{4}$  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=video>**

**Contact: [www.dancewithrachael.com](http://www.dancewithrachael.com) - [dancewithrachael@gmail.com](mailto:dancewithrachael@gmail.com) - Tel: +1 407-538-1533 - +44 7968181933**