

STILL ME



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Music: "Still Me" by Erkan Aki, CD Casa Musica, The Best of Ballroom Music, Vol 20, Tr 6

Phase & Rhythm: Ph 4 + 2 (Dbl Rev, Curved Feather) - WALTZ Difficulty Level: Average

Footwork: Opposite, directions for man except as noted (*W in parentheses*) Released: June 2009 Ver 1.2

Sequence: Intro A, AMOD, B, B, INTERLUDE, A MOD(9-16), A MOD(9-16), End

Introduction

OP FCG M FC WALL, W FC COH 2 FT APT, LEAD FT FREE WAIT 3 NOTES;

- 1-4 2 FWD WALTZ STPS CLOCKWISE; (Find W's Wrist); SPOT SPIN FC COH;
M TRNSIT ~ LADY WALTZ IN PLACE SHDW SKATERS BOTH RT FT FREE COH;
- 1 [Fwd Waltz] Heading toward woman in a circular clockwise direction past Ladies Rt shoulder Fwd L trng slightly LF, small fwd R, cl L;
- 2 [Fwd Waltz] Continue in a clockwise direction past Ladies Rt Shoulder Fwd R trng slightly RF, small sd L, cl R to find and grasp Lady's Rt Wrist with Man's Rt hand;
- 3 [Spot Spin] Step L trng LF leading Lady to trn RF starting spin, step R cont LF trn fc COH, cl L (*step R comm. RF spin, cont RF step L, step R fc COH*);
- 4 [M Transition ~ Lady Waltz in Place] Fwd R to SHDW Skaters, -, sd L (*In place L, R, L*) both Rt ft free COH;
- 5-8 SYNCOP FRNT VINE SKATERS DRC; RT TRN ½ OVRTRND DLW;
BACK & RT CHASSE FC WALL; SLOW CROSS CHECK DRW;
- 5 [Syncop Front Vine 12&3] XRIF of L, sd L/XRIB, Sd L SHDW DRC;
- 6 [Right Trn Half] Fwd R comm. RF trn, cont trn sd L, bk R DLW;
- 7 [Back & Right Chasse 12&3] Bk L trng RF, sd L/cl R sd L fc WALL;
- 8 [Slow Cross Check 1 - -] Lower well in R knee step fwd & across with L toward DRW – slowly extend R arm elbow first out to sd twd DRW SHDW - -;
- 9-12 BK & LFT CHASSE; FWD SD CLS; SHDW WHISK; RF UNDRARM ROLL;
- 9 [Back & Chasse 12&3] Bk R trn LF, sd L/cl R sd L DLW;
- 10 [Fwd Side Close] Fwd R DLW, sd L, cl R;
- 11 [Shadow Whisk] Fwd L DLW, fwd & sd R, XLIB of R (both XIB) fc LOD;
- 12 [RF Underarm Roll] Fwd R trng 1/4 RF to fc WALL w/ M bhnd W, both sd LOD L trng ½ RF while taking joined L hnds looping over W's head to end bth fcg COH w/ M in front of W, both sd R LOD taking joined L hands down behind M's back to M's L hip;
- 13-17 SLOW CROSS CHECK DLC; BK & L CHASSE; TANDEM SPOT TURN SHDW;
FWD CLS~W RONDE TCH CP; FWD, RIGHT LUNGE -; EXT LINE -, RECV CL DLW;
- 13 [Slow Cross Check 1 - -] Lower well in R knee step fwd & across with L toward DLC – slowly extend R arm elbow first out to sd twd DLC in M's SHDW - -;
- 14 [Bk & Chasse 12&3] M's SHDW Bk R trn LF, sd L/cl R sd L DRC drop hands to Tandem;
- 15 [Slow Spot Trn] Fwd & across with R to RLOD trng LF, rec L cont LF trn, close R to SHDW DLW;
- 16 [Fwd M Close 1 2 - ~ W Ronde Tch 1 - -] Fwd L DLW, - with slight LF body trn lead Lady to ronde LF to fc partner, cl R (*lady Fwd L, commence LF floor ronde with R toe on floor to fc partner, tch R*) CP DLW;
- 17 [Fwd, Right Lunge 1 2 -] Fwd L DLW, fwd & sd R with relaxed knee lft sd stretch keep heads strongly left - ;
- 18 [Extend Line Recover Close - 23] Extend the line by a slight rise in hips to allow Lady to extend back - , recover back onto L no trn, cl R CP;

Part A

- 1-4 HOVER; CHASSE to BJO; CURVD FEATHR CHK; BK PASSING CHG;
1 [Hover] Fwd DLW L trn LF, fwd & sd R rising slightly trng body 1/8 RF (*Lady trng 3/8 RF*), fwd L to SCP DLC;
2 [Chasse BJO 12&3] Thru R, sd & fwd L DLW/cl R, sd & fwd L to BJO DLW;
3 [Curved Feather Check] Fwd R trn RF, fwd & sd L foot trn RF, strong body trn RF small step fwd R to BJO DRC (*bk L, bk R foot trn RF, strong body trn RF small step bk L in BJO*);
4 [Back Passing Change] Bk L in BJO no trn, bk R backing DLC, bk L in BJO backing DLC;
- 5-8 BK & CHASSE to BJO; MANUVR; SPN TRN; BOX FIN;
5 [Back Chasse BJO 12&3] Bk R trn LF, sd & fwd L DLW/cl R, sd & fwd L to BJO DLW;
6 [Manuver] Fwd R in BJO, trn RF sd & fwd L, trn RF close R CP RLOD;
7 [Spin Turn] Trn RF back L, side & fwd R trn RF, side & back L bkng DRC;
8 [Box Finish] Bk R trn LF, sd & fwd L trn LF, cl R CP DLC;
- 9-12 FWD & CHASSE to BJO; IMPETUS to SCP; WING;
CROSS SWIVEL to BJO & CHECK;
9 [Fwd Right Chasse 12&3] Fwd L comm. LF trn, cont LF trn sd & bk R DRC/cl L, sd & bk R BJO DRC;
10 [Impetus] Bk L, trn RF on L heel transfer weight to R, trn RF sd & fwd L to SCP DLC;
11 [Wing] Thru R body trn LF, body trn LF, body trn LF tch L to R (*Thru L, slight body trn LF sd & fwd R, body trn LF fwd L*) SDCR DLC;
12 [Cross Swivel & Check] Fwd L outsd ptrn/swvl LF on L to fc DLW, point R sd & bk LOD, Fwd R cking in BJO;
- 13-16 BK, BK/LK, BK; BK HOVER TELEMAR; WEAVE;;
13 [Back Bk/Lock, Back 12&3] Body trn RF bk L in BJO, bk R/lock LIFR (*lock RIBL*), bk R in BJO bkng LOD;
14 [Back Hover Telemark] Bk L turning RF, sd & fwd R twd wall rising in hover action, fwd L (*fwd R outside M turning RF, sd L twd wall rising, fwd R*) SCP DLC;
15-16 [Weave] Thru R, fwd L trn LF, bk R to BJO backing LOD; bk L in BJO, bk & sd R to CP trn LF, sd & fwd L to BJO DLW;

Part A (MOD)

- 1-4 HOVER; CHASSE to BJO; CURVD FEATHR CHK; BK PASSING CHG;
5-8 BK CHASSE to BJO; MANUVR; SPN TRN; BOX FIN;
9-12 FWD & RT CHASSE to BJO; IMPETUS to SCP; WING;
CROSS SWIVEL BJO & CHECK;
13-16 BK, BK/LK, BK; BK HOVER TELEMAR; SLO SD LOCK; CHG DIR;
1-14 **Repeat Meas 1 thru 14 of Part A;**
15 [Slow Side Lock] Thru R slight trn LF, fwd & sd L, trn LF lock RIBL CP DLC (*lady trn LF lock LIFR*);
16 [Change of Direction] Fwd L, fwd & sd R trn LF, draw L toward R CP DLC;

Part B

- 1-4 OP REV TRN; OUTSD CHECK to BJO; OUTSD CHANGE to SCP;
CHAIR, RECV SLIP CP/DLC;
1 [Open Reverse Turn] Fwd L trn LF, sd & bk R to BJO backing LOD, bk L in BJO backing LOD;
2 [Outside Check] Bk R trng slightly LF, cont slight LF trn sd & fwd L, fwd R outsd ptr to end BJO DRW;
3 [Outside Change] Bk L, bk R blending to CP trng LF cont LF trn sd & fwd L (*W sd & fwd R*) SCP DLC;
4 [Chair & Slip 1 - 3] Thru R relax R knee fwd poise, rec bk L, slip R bk with LF upper body trn (*W thru L relax L knee, rec bk R leave L leg extended, swvl LF on R slip L fwd*) CP DLC;
- 5-8 CLOSED TELEMAR; FWD & DEVELOP; SLO OUTSD SWVL; SLO SD LOCK DLC;
5 [Closed Telemark] Fwd L, comm. LF trn sd & bk R, cont LF trn sd & fwd L (*W bk R, comm. LF trn bring L to R no wgt, trn LF on R (heel trn) chg wgt to L, sd & bk R*) BJO DLW;
6 [Check Develop 1 - -] Ck Fwd R, (*W Bk L, bring R ft up L leg, - extend R ft fwd*), - ;
7 [Outside Swivel 1 - -] Rec L comm RF upper body trn, leave R XIF of L, (*W rec fwd R, swivel RF on R ft*), - ;
8 [Slow Side Lock] Thru R slight trn LF, fwd & sd L, trn LF lock RIBL CP DLC (*lady trn LF lock LIFR*);

- 9-12 OP TELMARK; IN & OUT RUN;; WHIPLASH BJO;
 9 **[Open Telemark]** Fwd L trn LF, fwd & sd R trn LF (*Lady heel trn & cl L*), trn LF sd & fwd L to semi DLW;
 10-11 **[In & Out Run]** Thru R trn RF, sd & bk L trn RF, sd & bk R to BJO backing DLW; bk L in BJO trn RF, sd & fwd R small step LOD trn RF, sd & fwd L in SCP DLC;
 12 **[Whiplash 1 - -]** Thru R no rise trn body LF to swivel lady to BJO pnt L to DLC shape to slight right sway, hold shape to right, slight rise in BJO DLC (*thru L, swivel LF ronde R ccw to BJO, shape with man, slight rise in BJO w/shape*);
- 13-16 BK WHISK; SEMI CHASSE; THRU RONDE TCH CP; DBL REVERSE SPIN;
 13 **[Back Whisk]** Bk L in BJO, slight trn RF sd & bk R, trn RF XLIB of R (*XRIB of L*) blend to SCP DLC;
 14 **[Semi Chasse 12&3]** Thru R, sd & fwd L/cl R, sd & fwd L blind to SCP DLC;
 15 **[Thru M Tch 1 - - - W Ronde Tch 1 - -]** Thru R DLC, - with slight LF body trn lead Lady to ronde LF to fc partner, tch L (*lady Fwd L, commence LF floor ronde with R toe on floor to fc partner, tch R*) CP DLC;
 16 **[Double Reverse Spin 12&3]** Fwd L DLC trn LF, fwd & sd R trn LF, spin LF on R to LOD;

Part B

- 1-4 OP REV TRN; OUTSD CHECK to BJO; OUTSD CHANGE to SCP; CHAIR, RECV SLIP CP/DLC;
 5-8 CLOSED TELEMARK; FWD & DEVELOP; SLO OUTSD SWVL; SLO SD LOCK DLC;
 9-12 OP TELMARK; IN & OUT RUN;; WHIPLASH BJO;
 13-16 BK WHISK; SEMI CHASSE; THRU RONDE CP; DBL REVERSE SPIN;
 1-16 **Repeat Meas 1-16 of Part B**;;;;;;;;;

Interlude

- 1-4 DIAMOND TRNS CHECKED;;;
 1-4 **[Diamond Turn & Check]** Fwd L DLC trn LF, sd & bk R, bk L to BJO bkng DLW; bk R trn LF, sd & fwd L, fwd R BJO DRW; fwd L trn LF, sd & bk R, bk L to BJO bkng DRC; bk R trn LF, sd & fwd L, fwd R BJO DLC ckng;
- 5-8 OUTSD SWVL DLC; WEAVE 6 SCP;; SLO SD LK;
 5 **[Outside Swivel]** Bk L turning body RF, allow R to draw bk slightly in front of L, - (*W fwd R, swivel RF -*) SCP;
 6-7 **[Weave]** Thru R, fwd L trn LF, bk R to BJO bkng LOD; bk L in BJO, bk R to CP trn LF, sd & fwd L to BJO DLW;
 8 **[Slow Side Lock]** Thru R slight trn LF, fwd & sd L, trn LF lock RIBL CP DLC (*W trn LF lock LIFR*);

Part A MOD(9-16)

- 9-12 FWD & RT CHASSE BJO; IMPETUS SCP; WING; CROSS SWIVEL BJO & CHECK;
 13-16 BK, BK/LK, BK; BK HOVER TELEMARK; SLO SD LK; CHG DIR;
 9-16 **Repeat Meas 9-16 of Part A MOD**;;;;;;;;;

Part A MOD(9-16)

- 9-12 FWD & RT CHASSE BJO; IMPETUS SCP; WING; CROSS SWIVEL BJO & CHECK;
 13-16 BK, BK/LK, BK; BK HOVER TELEMARK; SLO SD LK; CHG DIR~DRIFT APT;
 9-14 **Repeat Meas 9 thru 14 of Part A**;;;;;;;;;
 15 **[Slow Side Lock]** Thru R no trn, fwd & sd L, slight trn LF lock RIBL CP DLW (*lady trn LF lock LIFR*);
 16 **[Chg Direction Drift Apt]** Fwd L, fwd & sd R no trn leading the Lady to drift apt, draw L toward R dropping hands to end facing partner more WALL than DLW;

END

- 1-4 2 FWD WALTZ STPS CLOCKWISE; (Find W'S R Wrist); SPOT SPIN FC COH; M TRNSIT ~ LADY WALTZ IN PLACE SHDW SKATERS BOTH RT FT FREE COH;
 5-8 SYNCOP VINE SKATERS; RT TRN ½ OVRTRND DLW; BACK & RT CHASSE FC WALL; SLO X CHECK DLW & EXTEND;
 1-8 **Repeat Meas 1 thru 8 of Introduction**;;;;;;;;;