

# S.T. One

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

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

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

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**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>

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