

You're Still The One

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Music: "You're Still The One" by Shania Twain
Available on Amazon ("Come On Over" album) **Original Time:** 3:32
Cut first 20.046 seconds, fade in to 0:01.720 **Final Time:** 3:12
<https://www.youtube.com/watch?v=YQLG9O988y0>

Rhythm & Phase: Slow Two Step Phase IV + 2 (Arm to Arm, Triple Traveler) + 3 (Lace Weave w/Outside Roll, Sliding Door, Tunnel Exit)

Footwork: Opposite (*except where noted*) **Suggested Tempo:** 40.3 RPM

Sequence: Introduction, A, B, A, B Mod, Interlude, B, Ending

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Introduction (4 measures)

1 – 4 [Cuddle facing WALL] Wait 1 Measure ; Slow Rock Left & Right ; Cuddle Hip Rocks, 2X ; ;
---- 1 {Wait 1 Measure} Wait in Cuddle position fcg WALL ;
SS 2 {Slow Rock Left & Right} Sd L with rolling hip sd & bk, -, sd R with rolling hip sd & bk, - ;
SQ SQ 3 – 4 {Cuddle Hip Rocks, 2X} Sd L with rolling hip sd & bk, -, rec R with hip roll, rec L with hip roll ; Sd R with rolling hip sd & bk, -, rec L with hip roll, rec R with hip roll ;

Part A (20 measures)

1 – 4 Open Basic, 2X ; ; Left Turn w/Inside Roll ; Twisty Basic ;
SQ SQ 1 – 2 {Open Basic, 2X} Sd L and open body to LEFT HALF OP RLOD, -, XRIB, rec fwd L to face ptr ; Sd R and open body to HALF OP LOD, -, XLIB, rec R picking W up to CP LOD ;
SQ 3 {Left Turn w/Inside Roll} Fwd L comm 1/4 LF trn, -, sd R raising lead hnds to start W into left trn, XLIF to fc ptr
(W bk R comm 1/4 LF trn, -, sd L cont LF trn under lead hnds, cont LF trn sd R to fc ptr) BFLY COH ;
SQ 4 {Twisty Basic} Sd R, -, XLIB, rec R (W sd L, -, XRIF, rec L) BFLY COH ;

5 – 8 Underarm Turn ; Basic Ending ; Lace Weave w/Outside Roll ; Open Basic ;
SQ 5 {Underarm Turn} Sd L raising ld hds, -, XRIB leading W to trn RF under jnd ld hnds, rec L (W sd R, -, XLIF comm RF trn, rec R comp RF trn) BFLY COH ;
SQ 6 {Basic Ending} Sd R, -, XLIB, rec R BFLY COH ;
SQ 7 {Lace Weave w/Outside Roll} Fwd L comm 1/4 LF trn, -, sd R, XLIF (W fwd R XIF of M undr ld hnds comm RF trn, -, cont RF trn L, comp trn R to fc ptr) to BFLY WALL ;
SQ 8 {Open Basic} Sd R and open body to HALF OP LOD, -, XLIB, rec R to HALF OP LOD ;

9 – 12 Arm to Arm, 2X ; ; Side Basic ; Open Break, Handshake ;
SQ SQ 9 – 10 {Arm to Arm, 2X} Fwd L twd LOD bet W's ft leading W to cross in frnt of M, -, fwd R, fwd L (W fwd & sd R sharply trng LF cross in frnt of M, -, fwd L, fwd R) to L HALF OP fcg LOD ; Fwd R twd LOD bet W's ft leading W to cross in frnt of M, -, fwd L, fwd R (W fwd & sd L sharply trng RF cross in frnt of M, -, fwd R, fwd L) to HALF OP fcg LOD ;
SQ 11 {Side Basic} Sd L, -, XRIB, rec L BFLY WALL ;
SQ 12 {Open Break, Handshake} Sd R join R hands, -, bk L to LOP FCG, rec R to HND SHK WALL ;

13 – 16 Sliding Door, 2X ; ; Change Sides Underarm ; Basic Ending ;
SQ SQ 13 – 14 {Sliding Door, 2X} Fwd L trn 3/8 RF rel R hnds, join L hnds, XRIF, rec L (W fwd R trn 3/8 LF rel R hnds, join L hnds, XLIB, rec R) ; Sd R trn 3/8 LF rel L hnds, join R hnds, bk L, rec R (W fwd L trn 3/8 RF rel L hnds, join R hnds, bk R, rec L) HND SHK fcg WALL ;
SQ 15 {Change Sides Underarm} Fwd & sd L trng 1/2 RF leading W to trn LF under jnd R hnds, -, sd R change to ld hnds, XLIF (W fwd R twd M's right sd trng 1/2 LF undr jnd R hnds, -, sd L, XRIF) to BFLY COH ;
SQ 16 {Basic Ending} Sd R, -, XLIB, rec R BFLY COH ;

17 – 20 Underarm Turn ; Lunge Basic ; Right Turn w/Outside Roll ; Basic Ending, Picking Up ;

- SQQ 17 {Underarm Turn} Sd L raising ld hds, -, XRIB leadng W to trn RF under jnd ld hnds, rec L (*W sd R, -, XLIF comm RF trn, rec R comp RF trn*) BFLY COH ;
- SQQ 18 {Lunge Basic} Sd R with slight lunge action, -, rec L, XRIF BFLY COH ;
- SQQ 19 {Right Turn w/Outside Roll} Crossing in frnt of W sd & bk L fc RLOD, -, bk & sd R trng RF 1/4, XLIF (*W fwd R comm RF trn undr jnd ld hnds, -, cont RF trn L, comp trn R*) BFLY WALL;
- SQQ 20 {Basic Ending, Picking Up} Sd R, -, XLIB, rec R picking up to CP LOD ;

Part B (16 measures)**1 – 4 Triple Traveler ; ; Tunnel Exit ;**

- SQQ SQQ 1 – 3 {Triple Traveler} Fwd L in loose CP trng LF raising ld hds leading W to trn LF, -, sd & fwd R cont trng W under jnd hds, fwd L lowering jnd hds (*W bk R trng LF, -, sd & fwd L trng LF under raised hds, sd & fwd R cont trng LF*) to LOP fcg LOD ; Fwd R spiral LF under jnd hds, -, sd & fwd L cont trng LF, fwd R (*W fwd L, -, R, L*) ; Fwd L trng LF raising jnd hds prepare to ld W to trn RF, -, sd & bk R trng to fc COH trng W into outside trn under jnd hds, XLIF LOP fcg COH (*W fwd R trng RF, -, sd L trng RF under jnd hds, fwd R trng RF to fc ptr*) ;
- SQQ 4 {Tunnel Exit} Sd R shaping to W & leading her to lariat, -, rec L trng LF, sm fwd R (*W circling around M fwd L, -, fwd R, fwd L*) to fc RLOD ;

5 – 8 Outside Roll ; Basic Ending ; Spot Turn, Handshake ; Shadow Break ;

- SQQ 5 {Outside Roll} Fwd L, -, fwd R trng 1/4 RF to fc WALL, XLIF (*W Fwd R comm RF twirl, -, fwd L cont twirl, fwd R comp twirl*) to BFLY WALL ;
- SQQ 6 {Basic Ending} Sd R, -, XLIB, rec R to BFLY WALL ;
- SQQ 7 {Spot Turn, Handshake} Sd L comm LF trn, -, XRIF cont 1/2 LF trn, rec L comp trn (*W sd R comm RF trn, -, XLIF cont 1/2 RF trn, rec fwd R comp trn*) jn R hnds to HNDSHK WALL ;
- SQQ 8 {Shadow Break} Sd R, -, trn 1/4 LF (*W trn 1/4 RF*) rk bk L, rec R to fc ptr HNDSHK WALL ;

9 – 12 Underarm Turn ; Break Back, Varsouvienne ; Lady Swivel into Cross Body ; Shadow New Yorker ;

- SQQ 9 {Underarm Turn} Sd L raising R hds, -, XRIB leadng W to trn RF under jnd R hnds, rec L (*W sd R, -, XLIF comm RF trn, rec R comp RF trn*) to HNDSHK WALL ;
- SQQ 10 {Break Back, Varsouvienne} Sd R lift jnd R hnds ld W to trn 1/4 RF to VARS fcg LOD jn L hnds, -, rk bk L, rec R ;
- SQQ 11 {Lady Swivel into Cross Body} Fwd L rel L hnds brng R hnds down btwn ptrs to ld W to swvl RF one full trn to fc LOD (*W fwd R swvl on ball of ft one full trn*), -, slip R trng LF 1/4, fwd L trng LF 1/4 HNDSHK COH ;
- SQQ 12 {Shadow New Yorker} Sd R, -, trn 1/4 RF (*W trn 1/4 LF*) ck fwd L, rec R to fc ptr HNDSHK COH ;

13 – 16 Underarm Turn ; Lunge Basic, Lead Hands ; Right Turn w/Outside Roll ; Basic Ending ;

- SQQ 13 {Underarm Turn} Sd L raising R hds, -, XRIB leadng W to trn RF under jnd R hnds, rec L (*W sd R, -, XLIF comm RF trn, rec R comp RF trn*) HNDSHK COH ;
- SQQ 14 {Lunge Basic} Sd R with slight lunge action, -, rec L chng to ld hnds, XRIF BFLY COH ;
- SQQ 15 {Right Turn w/Outside Roll} Crossing in frnt of W sd & bk L fc RLOD, -, bk & sd R trng RF 1/4, XLIF of R (*W fwd R comm RF trn undr jnd ld hnds, -, cont RF trn L, comp trn R*) BFLY WALL;
- SQQ 16 {Basic Ending} Sd R, -, XLIB, rec R BFLY WALL ;

Part A Repeats (20 measures)

- 1 – 20 Open Basic, 2X ; ; Left Turn w/Inside Roll ; Twisty Basic ; Underarm Turn ; Basic Ending ; Lace Weave w/Outside Roll ; Open Basic ; Arm to Arm, 2X ; ; Side Basic ; Open Break, Handshake ; Sliding Door, 2X ; ; Change Sides Underarm ; Basic Ending ; Underarm Turn ; Lunge Basic ; Right Turn w/Outside Roll ; Basic Ending, Picking Up ;**

Part B Modified (16 measures)

1 – 15 Triple Traveler ; ; ; Tunnel Exit ; Outside Roll ; Basic Ending ; Spot Turn, Handshake ; Shadow Break ; Underarm Turn ; Break Back, Varsouvienne ; Lady Swivel into Cross Body ; Shadow New Yorker ; Underarm Turn ; Lunge Basic, Lead Hands ; Right Turn w/Outside Roll ;

16 Open Basic ;

SQQ 16 {Open Basic} Sd R and open body to HALF OP LOD, -, XLIB, rec fwd R to face ptr ;

Interlude (8 measures)

1 – 4 The Square ; ; ; ;

SQQ SQQ 1 – 4 {The Square} Trng 3/8 RF XIF of W sd L, -, sd R twd COH in a V-shaped L HALF OP, XLIF of R (*W fwd R, -, sd L twd COH in a V-shaped L HALF OP, XRIF of L comm RF trn to XIF of M*) ; Fwd R, -, sd L twd RLOD in a V-shaped HALF OP, XRIF of L comm RF trn to XIF of W (*W trng 3/8 RF XIF of M sd L, -, sd R twd RLOD in a V-shaped HALF OP, XLIF of R*) ; Trng 3/8 RF XIF of W sd L, -, sd R twd WALL in a V-shaped L HALF OP, XLIF R (*W fwd R, -, sd L twd WALL in a V-shaped L HALF OP, XRIF L comm RF trn to XIF of M*) ; Fwd R, -, sd L twd LOD in a V-shaped HALF OP, fwd R (*W trng 3/8 RF XIF of M sd L, -, sd R twd LOD in a V-shaped HALF OP, XLIF*) HALF OP LOD ;

5 – 8 Side Basic ; Basic Ending, Picking Up Low BFLY ; Traveling Cross Chasse, 2X ; ;

SQQ 5 {Side Basic} Sd L, -, XRIB, rec L BFLY WALL ;

SQQ 6 {Basic Ending, Picking Up Low BFLY} Sd R, -, XLIB, rec R picking up to LOW BFLY LOD ;

SQQ SQQ 7 – 8 {Traveling Cross Chasse, 2X} Fwd L twd LOD trng LF 1/8 w/R shldr ld w/both hnds jnd at hip level, -, sd & fwd R, XLIF (*W XRIF*) ; Fwd R twd LOD trng RF 1/8 w/L shldr ld, -, sd & fwd L trng to LOD, XRIF (*W XLIF*) LOW BFLY LOD ;

Part B Repeats (16 measures)

1 – 16 Triple Traveler ; ; ; Tunnel Exit ; Outside Roll ; Basic Ending ; Spot Turn, Handshake ; Shadow Break ; Underarm Turn ; Break Back, Varsouvienne ; Lady Swivel into Cross Body ; Shadow New Yorker ; Underarm Turn ; Lunge Basic, Lead Hands ; Right Turn w/Outside Roll ; Basic Ending ;

Ending (4+ measures)

1 – 4 Switch, 2X ; ; Side Basic ; Slow Cuddle Wrap ;

SQQ SQQ 1 – 2 {Switch, 2X} Fwd L chg sds and sharply trng RF 3/4 place left arm around W releasing right arm, -, fwd & sd R, fwd XLIF (*W fwd R, -, fwd & sd L, fwd XRIF*) to end in V-shape LEFT HALF OP ; Fwd R leading W to cross in front of M and place right arm around W releasing left arm, -, fwd & sd L, fwd XRIF (*W fwd L crossing in front of M and sharply trng RF 3/4, -, fwd & sd R, fwd XLIF*) to HALF OP LOD ;

SQQ 3 {Side Basic} Sd L, -, XRIB, rec L BFLY WALL ;

S-- 4 {Slow Cuddle Wrap} Sd R lift ld hnds ldng W to wrap LF to wrapped cuddle pos, -, -, - ;

Head Cues

Intro [4 measures]

1 – 4 [Cuddle facing WALL] Wait 1 Measure ; Slow Rock Left & Right ; Cuddle Hip Rocks, 2X ; ;

Part A [20 measures]

1 – 20 Open Basic, 2X ; ; Left Turn w/Inside Roll ; Twisty Basic ; Underarm Turn ; Basic Ending ;
Lace Weave w/Outside Roll ; Open Basic ; Arm to Arm, 2X ; ; Side Basic ; Open Break, Handshake ;
Sliding Door, 2X ; ; Change Sides Underarm ; Basic Ending ; Underarm Turn ; Lunge Basic ;
Right Turn w/Outside Roll ; Basic Ending, Picking Up ;

Part B [16 measures]

1 – 15 Triple Traveler ; ; ; Tunnel Exit ; Outside Roll ; Basic Ending ; Spot Turn, Handshake ;
Shadow Break ; Underarm Turn ; Break Back, Varsouvienne ; Lady Swivel into Cross Body ;
Shadow New Yorker ; Underarm Turn ; Lunge Basic, Lead Hands ; Right Turn w/Outside Roll ;
Basic Ending ;

Part A [20 measures]

1 – 20 Open Basic, 2X ; ; Left Turn w/Inside Roll ; Twisty Basic ; Underarm Turn ; Basic Ending ;
Lace Weave w/Outside Roll ; Open Basic ; Arm to Arm, 2X ; ; Side Basic ; Open Break, Handshake ;
Sliding Door, 2X ; ; Change Sides Underarm ; Basic Ending ; Underarm Turn ; Lunge Basic ;
Right Turn w/Outside Roll ; Basic Ending, Picking Up ;

Part B Modified [16 measures]

1 – 15 Triple Traveler ; ; ; Tunnel Exit ; Outside Roll ; Basic Ending ; Spot Turn, Handshake ;
Shadow Break ; Underarm Turn ; Break Back, Varsouvienne ; Lady Swivel into Cross Body ;
Shadow New Yorker ; Underarm Turn ; Lunge Basic, Lead Hands ; Right Turn w/Outside Roll ;
Open Basic ;

Interlude [8 measures]

1 – 4 The Square ; ; ; Side Basic ; Basic Ending, Picking Up Low BFLY ; Traveling Cross Chasse, 2X ; ;

Part B [16 measures]

1 – 15 Triple Traveler ; ; ; Tunnel Exit ; Outside Roll ; Basic Ending ; Spot Turn, Handshake ;
Shadow Break ; Underarm Turn ; Break Back, Varsouvienne ; Lady Swivel into Cross Body ;
Shadow New Yorker ; Underarm Turn ; Lunge Basic, Lead Hands ; Right Turn w/Outside Roll ;
Basic Ending ;

Ending [4 measures]

1 – 4 Switch, 2X ; ; Side Basic ; Slow Cuddle Wrap ;