

HEDY MCADAMS: "Still The Same"

A 64-count, 1-wall, advanced line dance

Choreographer: **HEDY McADAMS**, USA (Palo Alto, CA) ~ phone/fax: 650-322-6760 ~ hedy@DanceAdventures.com
 Music/Tempo: Recommended: "STILL THE SAME" by Bob Seger, 36-ct. lead, 116 bpm, Seger's Greatest Hits CD
 Teaching (slow w/c swing) e.g., "SOMETHIN' TO TALK ABOUT," by Bonnie Raitt, 32-ct. lead, 108 bpm

Authenticity: Updated and "official" step sheets for Hedy's choreography can be found on www.DanceAdventures.com
 Dance published/released: January 1998 This version: 121011

A (shuffle forward) RLR, SKATE, SKATE (shuffle forward) LRL, TURN, RECOVER

Original wall=12:00 o'clock, weight left (L)

- 1&2 Shuffle forward. **RLR** (long strides)
- 3 Slide-step L on a diagonal left and forward (long strides)
- 4 Slide-step R on a diagonal, right and forward (long strides)
- 5&6 Shuffle forward **LRL**
- 7 Slide-step R forward on diag. right and turn ¼ left [9:00]
- 8 Recover weight L (in place)

B ROCK, STEP, CROSS&CROSS ROCK, STEP, CROSS&CROSS

You should be facing 9:00 wall, weight L

- 1 Rock-step R right (push hips right)
- 2 Shift weight L (step back slightly)
- 3&4 Cross-shuffle: R over L to left
- 5 Rock-step L to left (push hips left)
- 6 Shift weight R (step back slightly)
- 7&8 Cross shuffle: L over R to right

C TURN, TOGETHER, (shuffle forward) RLR, (shuffle forward) LRL, TURN, RECOVER

You should be facing 9:00 wall, weight L

- 1 Step R right & turn ¼ left [6:00]
- 2 Step L beside R
- 3&4 Shuffle forward **RLR**
- 5&6 Shuffle forward **LRL**
- 7 Slide-step R on a diag. right and turn ¼ left [3:00]
- 8 Recover weight L (in place)

D ROCK, STEP, CROSS&CROSS ROCK, TURN, TURN&TURN

You should be facing 3:00 wall, weight L

- 1 Rock-step R right (push hips right)
- 2 Shift weight L (step back slightly)
- 3&4 Cross-shuffle: R over L to left^B
- 5 Rock-step L left (push hips left)
- 6 Pivot ¼ right [6:00] and step (slightly) forward on R
- 7 (begin turning shuffle) Step forward on L and turn ¼ right [9:00]
- & Step R beside L
- 8 Turn ¼ rt [12:00] & step L back

E (shuffle back) RLR, BACK, TOUCH FORW, TOUCH, FORW, TOUCH

You should be facing 12:00 wall, now, and your weight is L.

- 1&2 Shuffle back on a diagonal right **R-L-R**
- 3 Step back on L (angle body left)
- 4 Touch R beside L
- 5 (big) Step forward R
- 6 Touch L beside R
- 7 Step L forward with L toe out (angle body left)
- 8 (sharp) Touch R toe beside L

F TURN, TOUCH, SIDE, TOUCH CROSS-BALL-CHANGE (sailor shuffle), TOUCH, UNWIND

You should be facing 12:00 wall, weight L

- 1 Turn ¼ left [9:00] and slide-step (big) to right on R
- 2 (smooth) Slide-step L beside R (touch)
- 3 (big) Slide-step to left on L
- 4 (smooth) Slide-step R beside L (touch)
- 5 (begin cross-ball-change) Swing R foot (clockwise) and step R behind L
- & Step ball of L beside R (lean right)
- 6 Step R (slightly) right
- 7 Swing L foot (counter-clockwise) and touch ball of L foot behind and to right of R foot (lean left)
- 8 (gradually) Shift weight L as you lean left and unwind ¾ left [12:00], then drop L heel (completing weight shift L)

G (shuffle forward) RLR, ROCK, RECOVER TURN&STEP, ROCK, RECOVER

You should be facing 12:00 wall, weight L

- 1&2 Shuffle forward **R-L-R**
- 3 Rock forward on L
- 4 Rock back on R (in place)
- 5 (begin turning shuffle) Turn ¼ left [9:00] and step L to left
- & Step R beside L
- 6 Turn ¼ left [6:00] and step forward on L ("plant" L foot)
- 7 Slide-step ball of R forw. on diag. right and turn ¼ left [3:00]
- 8 Rock-step L (in place)

H SLIDE, POP, SLIDE, POP BACK, TURN, TURN, TURN

You should be facing 3:00, now, and your weight is L.

- 1 Slide-step R to right
- 2 Slide L behind R & pop R knee
- 3 Slide R to right (straight leg)
- 4 Slide L behind R & pop R knee
- 5 Step R to right and pivot ¼ left [12:00] (then immediately lift L foot to begin a 2-count (H6-7) rolling turn toward 6:00 wall)
- 6 Turn ½ left [6:00] and step forward on L^c
- 7 Step forward on ball of R foot then pivot ¼ left [3:00]^c
- 8 (pushing off from R foot) Pivot ¼ left [12:00], and step forward on L

Counts H6-8 are intended to be smooth flowing, not sharp, direction changes. "Anchor" ball of left to floor for counts H6-7. On count H7, lean body into 6:00 wall as you pivot left—keep face looking toward 6:00 wall until last possible moment!

BEGIN AGAIN!