

The One

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Count: 32 **Wall:** 4 **Level:** Raw Beginner

Choreographer: Linda Pink - L.V Country Line Dancers, Latrobe Valley, Victoria - June 2016

Music: Still the One by Orleans. Album: Still the One : iTunes

No Tags / Restarts - Introduction: 32 counts - 3.53 min

Split Floor for S.T. One (Still The One)

STEP, LOCK, STEP, SCUFF, STEP, LOCK, STEP, TOUCH

- 1,2 Step R Forward, Lock L Behind R,
- 3,4 Step R Forward, Scuff L
- 5,6 Step L Forward, Lock R Behind L,
- 7,8 Step L Forward, Touch R next to L

BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, BACK, TOUCH

- 1,2, Step R Back at 45 deg Right, Touch L next to R
- 3,4, Step L back at 45 deg Left, Touch R next to L
- 5,6 Step R Back at 45 deg Right, Touch L next to R
- 7,8 Step L back at 45 deg Left, Touch R next to L

VINE RIGHT & TOUCH, VINE LEFT ¼ TURN & SCUFF

- 1,2, Step R to the side, Step L behind R,
- 3,4 Step R to the side, Touch L next to R
- 5,6 Step L to the side, Step R behind L,
- 7,8 Turn ¼ turn Left step L Forward , Scuff R Forward

HEEL STRUT, HEEL STRUT, "V" STEP

- 1,2 Step R Heel Forward, Drop R toe to the Floor
- 3,4 Step L Heel Forward, Drop L toe to the Floor
- 5,6, Step R Forward at 45 deg Right, Step L Forward at 45 deg Left
- 7,8 Step R back to the centre, Step L next to R

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