

"I'M STILL ME"

CHOREOGRAPHY: Kay & Joy Read, 1800 Lawyer Place, College Station, TX 77840
Ph: (979) 696-4073 E-mail: kread@cvm.tamu.edu

MUSIC: "Still Me" by Erkan Aki [Contact Choreographer For Availability]
[CD Casa Musica, *The Best Of Ballroom Music*, Vol. 20, Track 6]

RHYTHM & PHASE: Phase VI Waltz

SEQUENCE: INTRO, A, A, B, A Mod, B Mod, A (9-16), END

INTRO

1-4 WAIT & RAISE ARMS; TOG BJO; CANTER WHEEL; START RUNAROUND;

1 [WAIT] Wait 1 ms slightly apt L ft free fc ptr & DLW slo raise arms (W wait 1 ms slightly apt R ft free fc ptr & DRC slo raise arms);
2 1__ [TOG BJO] Fwd L BJO lt arm out to sd rt arm around W's waist, __, __ (W fwd R BJO rt arm out to sd lt arm on M's lt sh, __, __);
3 1_3 [CANTER WHEEL] Looking at ptr rf wheel fwd R, __, fwd L fc RLOD (W looking at ptr rf wheel fwd L, __, fwd R fc LOD);
4 12&3& [RUNAROUND] Rf wheel run fwd R, L/R, L/R fc RLOD (W rf wheel run fwd L, R/L, R/L fc LOD);

5-8 FIN RUNAROUND; LADY ROLL RLOD; SD WITH ARM SWEEP; SLO CROSS CK;

5 1&23 Cont rf wheel run fwd L/R, L, R fc LOD (W cont rf wheel run fwd R/L, R, L fc RLOD);
6 1__(1&23) [LADY ROLL RLOD] Bk L RLOD tch R to L fc WALL join M's rt W's lt hds, __, __ (W fwd R RLOD rf roll 1½/L, R/L, sd R fc WALL);
7 1__ [SD WITH ARM SWEEP] Sd R RLOD lt arm sweep ccw look RLOD, __, __ W sd L RLOD rt arm sweep ccw look RLOD, __, __);
8 1__ [SLO CROSS CK] M's rt W's lt hds joined cross ck Lif RLOD extend lt arm bk LOD looking RLOD, __, __
(W cross ck Lif RLOD extend rt arm fwd looking RLOD, __, __);

9-12 CHASSE/LADY ROLL TRANS; NAT TRN; OVERTRN SPIN TRN; RT TRNG LK;

9 12&3(1&2&3) [CHASSE/LADY ROLL] Bk R, sd L/cl R, fwd L BJO DLW (W bk R/lf roll L, R/L, bk R BJO fc DRC);
10 123 [NAT TRN] Fwd R DLW outsd ptr, fwd L rf trn, cl R CP RLOD (W bk L ptr outsd, rf trn sd R, cl L CP fc LOD);
11 123 [OVERTRN SPIN TRN] Bk L pvt rf, fwd R LOD pvt rf, bk L CP RLOD (W fwd R pvt rf, bk L LOD pvt rf, fwd R CP fc LOD);
12 1&23 [RT TRNG LK] Bk R/lk Lif, rf trn fwd R DLC between ptr's ft, fwd L SCP DLC (W fwd L/lk Rib, rf trn sd L, fwd R SCP DLC);

13-16 RUN OP NAT; RIS LK; DBL REV SPIN; TELE TO;

13 12&3 [RUN OP NAT] SCP DLC fwd R, fwd L rf trn CP/bk R, bk L BJO DRW ptr outsd
(W SCP DLC fwd L, fwd R CP/fwd L, fwd R outsd ptr BJO fc DLC);
14 123 [RIS LK] Bk R CP, lf trn sd L, lk Rib CP DLC (W fwd L CP, lf trn sd R, lk Lif CP fc DRW);
15 123(12&3) [DBL REV SPIN] CP fwd L, fwd R lf spin, tch L to R CP LOD (W CP bk R, cl L to R lf heel trn CP/fwd L lf trn, lk Rif CP fc RLOD);
16 123 [TELE] CP fwd L DLC, fwd R lf trn fc RLOD, bk L (W CP bk R, cl L to R lf heel trn CP fc LOD, fwd R);

17-18 THROWAWY OVERSWAY;;

17-18 ___;___ [THROWAWY OVERSWAY] lower on L lf body rotation CP rt leg soft & extended RLOD
(W lower on R lf body rotation rt leg soft & extended LOD CP head lt);;

PART A

1-4 PROM LINK; CHASSE BJO; CURV FEATHER; BK & PREP;

1 1_3 [PROM LINK] Rf body rotation & cl R to L, rise, fwd L SCP DLW (W rf swivel cl L to R, rise, fwd R SCP DLW);
2 12&3 [CHASSE BJO] Fwd R, fwd L slight rf body trn/cl R CP, fwd L BJO DLW (W fwd L, fwd R lf trn/cl L CP, bk R BJO fc DRC);
3 123 [CURV FEATHER] BJO fwd R outsd ptr DLW, fwd L rf curve, fwd R outsd ptr BJO DRW
(W BJO bk L ptr outsd, bk R rf curve, bk L ptr outsd BJO fc DLC);
4 1__(12_) [BK & PREP] Bk L, rf body trn tch R to L, lower on L rt sd stretch extend R fwd & sd behind ptr
(W fwd R, rf trn cl L to R, head rt lower on L extend R bk);

5-8 SAME FT LUNGE; HOV CORTE EXIT; OUTSD SPIN & TWIST SCP;;

5 1__ [SAME FT LUNGE] Sd & fwd R beh ptr, chg to rt sway, chg to lt sway (W bk R, chg head lt, chg head rt);
6 1_3(123) [HOV CORTE EXIT] Rec sd & fwd L RLOD, lf body trn rise, cl R to L BJO RLOD (W rec fwd L, fwd R lf trn & rise, fwd L BJO fc LOD);
7 123&;_3 [OUTSD SPIN & TWIST SCP] BJO small bk L ptr outsd rf trn, fwd R LOD outsd ptr, rf trn sd L/hook Rib CP RLOD
(W BJO fwd R DLW outsd ptr, rf toe spin cl L to R, fwd R CP fc LOD/fwd L rf around ptr);
8 CP RLOD unwind rf, rise on R, fwd L SCP DLC (W fwd R rf around ptr, fwd R rf trn, fwd L SCP DLC);

9-12 SLO SD LK; DBL REV SPIN; RT CHASSE; OUTSD CHG SCP;

9 123 [SLO SD LK] SCP DLC fwd R, fwd L, lk Rib CP DLC (W SCP fwd L, lf trn sd R, lk Lif CP fc DRW);
10 12_(12&3) [DBL REV SPIN] CP fwd L, fwd R lf spin, tch L to R CP LOD (W CP bk R, lf heel trn cl L to R CP/fwd R lf trn, lk Lif CP fc RLOD);
11 12&3 [RT CHASSE] CP fwd L DLC lf trn, sd R/cl L, bk R BJO LOD (W CP bk R lf trn, sd L/cl R, fwd L BJO fc RLOD);
12 123 [OUTSD CHG SCP] Bk L BJO ptr outsd, bk R CP lf trn, fwd L SCP DLW (W fwd R BJO outsd ptr, fwd L CP lf trn, fwd R SCP DLW);

Cont. PART A

- 13-16** **WHIPLASH; SLO OUTSD SWIVEL; THRU TO PROM SWAY & CHG SWAY;;**
13 1__ **[WHIPLASH]** Fwd R lf body trn lt sd stretch pt L fwd, __, __ (W fwd L lf swivel head lt pt R bk, __, __);
14 1__ **[SLO OUTSWIVEL SCP]** BJO bk L ptr outsd pt R fwd, rf body rotation SCP LOD, __ (W BJO fwd R outsd ptr, rf swivel SCP LOD, __);
15 12_ **[THRU TO PROM SWAY]** SCP LOD fwd R, fwd L head lt, strong rt sd stretch (W SCP fwd L, fwd R head rt, strong lt sd stretch);
16 ___ **[CHG SWAY]** Slo lower on L strong lt sd stretch head rt looking at ptr soft R leg extended RLOD, __, __
(W slo lower on R chg head lt soft L leg extended RLOD, __, __);

PART A

- 1-4** **PROM LINK; CHASSE BJO; CURV FEATHER; BK & PREP;**
5-8 **SAME FT LUNGE; HOV CORTE EXIT; OUTSD SPIN & TWIST SCP;;**
9-12 **SLO SD LK; DBL REV SPIN; RT CHASSE; OUTSD CHG SCP;**
13-16 **WHIPLASH; SLO OUTSD SWIVEL; THRU TO PROM SWAY & CHG SWAY;;**

PART B

- 1-4** **FALLAWY RONDE SLIP; DBL TELESPIN WITH MINI-TELESPIN END;;;**
1 123 **[FALLAWY RONDE SLIP]** Sd R ronde L ccw, bk L, lf slip bk R CP DLC (W sd L ronde R cw, bk R, lf slip fwd L CP fc DRW);
2 12_&;_2_&;_3 **[DBL TELESPIN WITH MINI-TELESPIN END]** CP fwd L, fwd R lf trn, partial wt sd L allow ptr insd rt hip/fwd R full wt CP LOD
(123&;123&;1_3) (W CP bk R, lf heel trn cl L to R, fwd R LOD tch L to R lt hip insd ptr's rt hip/fwd L lf trn CP fc RLOD);
3 CP lf spin on L, fwd R COH, sd L partial w allow ptr insd rt hip/fwd R full wt CP LOD
(W sd R, lf toe spin cl L to R, fwd R LOD tch L to R lt hip insd ptr's hip/fwd L lf trn CP fc RLOD);
4 CP lf spin on L, cont lf spin on L, cl R to L CP DRC (W sd R, lf toe spin on R, cl L to R CP fc DLW);
- 5-8** **CONTRA CK & SWITCH; DBL RONDE TWIST TRN;; BK & CHASSE BJO;**
5 123 **[CONTRA CK & SWITCH]** CP DRC lower on R lf body trn rt sd stretch fwd L strong contra, rec bk R, rf trn & slip bk L CP DLC
(W CP lower on L lf body trn head rt bk R strong contra chg head lt, rec fwd l, rf trn & slip fwd R CP fc DRW);
6 123;_3 **[DBL RONDE TWIST TRN]** CP fwd R against ptr's rt leg rf body rotation ronde L fwd cw, fwd L WALL, rf trn hook Rib CP RLOD
(12&3&;123) (W bk L ronde R bk cw, bk R/lf trn sd L CP fc LOD, start rf run around ptr xRif/ fwd L);
7 CP unwind rf, rise on R trng rf, bk L CP DRW (W cont rf runaround ptr fwd R, fwd L rise trng rf, fwd R CP fc DLW);
8 12&3 **[BK & CHASSE BJO]** CP DRW bk R lf trn, sd L/cl R, fwd L BJO DLW (W CP fwd L lf trn sd R/cl L, bk R BJO fc DRC);
- 9-12** **NAT TRN; PVT 3 TO RT HINGE;; REV PVT;**
9 **[NAT TRN]** BJO DLW fwd R outsd ptr, fwd L rf trn, cl R CP RLOD (W BJO bk L ptr outsd, rf trn sd R, cl L CP fc LOD);
10 123;1__ **[PVT 3 TO RT HINGE]** CP RLOD bk L pvt rf, fwd R pvt rf, bk L pvt rf CP COH
(123;12_) (W CP fwd R pvt rf, bk L pvt rf, fwd R pvt rf CP WALL);
11 Sd R behind ptr lower with rf body rotation L extended RLOD, __, __ (W sd L insd ptr's hip, rf trn hook Rib, lower and flick Lif of R head rt);
12 _12(123) **[REV PVT]** Lf body trn CP RLOD, fwd L pvt lf, bk R cking CP DLC (W fwd L pvt lf CP fc LOD, bk R pvt lf, fwd L cking CP fc RLOD);
- 13-16** **REV TRN 1/2; HOV CORTE; RT CHASSE; SLO CONTRA CK;**
13 123 **[REV TRN 1/2]** CP DLC fwd L, fwd R lf trn, cl L CP RLOD (W CP bk R, lf trn sd L, cl R CP fc LOD);
14 123 **[HOV CORTE]** CP bk R, lf trn sd L & rise, bk R BJO LOD (W CP fwd L, fwd R lf trn & rise, fwd L BJO fc RLOD);
15 12&3 **[RT CHASSE]** BJO bk L ptr outsd, rf trn sd R/cl L, sd R CP DRW (W BJO fwd R outsd ptr, rf trn sd L/cl R, sd L CP fc DLC);
16 1__ **[SLO CONTRA CK]** CP DRW lower on R lf body trn rt sd stretch fwd L strong contra, chg to lt sd stretch, __
(W CP lower on L lf body trn head rt bk R strong contra, chg head lt, __);

PART A Mod

- 1-4** **BK HOV EXIT SCP; CHASSE BJO; CURV FEATHER; BK & PREP;**
1 1_3 **[BK HOV EXIT SCP]** CP DRW bk R, rise on R lf body rotation, fwd L SCP DLW (W CP fwd L, rise on L rf body rotation, fwd R SCP);
- 5-8** **SAME FT LUNGE; HOV CORTE EXIT; OUTSD SPIN & TWIST SCP;;**
9-12 **SLO SD LK; DBL REV SPIN; RT CHASSE; OUTSD CHG SCP;**
13-16 **WHIPLASH; SLO OUTSD SWIVEL; THRU TO PROM SWAY & CHG SWAY;;**

PART B Mod

<u>1-4</u>	<u>FALLAWY RONDE SLIP; DBL TELESPIN WITH MINI-TELESPIN END;;;</u>	
<u>5-8</u>	<u>CONTRA CK & SWITCH; DBL RONDE TWIST TRN;; BK & CHASSE BJO;</u>	
<u>9-12</u>	<u>NAT TRN; PVT 3 TO RT HINGE;; REV PVT;</u>	
<u>13-16</u>	<u>FULL REV TRN;; WHISK; SYNC WHISK;</u>	
13	123	[FULL REV TRN] CP DLC fwd L, fwd R lf trn, cl L CP RLOD (W CP bk R, lf trn sd L, cl R CP fc LOD);
14	123	CP bk R, lf trn sd L, cl R CP DLW (W CP fwd L, fwd R lf trn, cl L CP fc DRC);
15	123	[WHISK] CP fwd L, fwd R, lf body rotation hook Lib SCP DLC (W CP bk R, bk L, rf body rotation hook Rib SCP DLC);
16	1&23	[SYNC WHISK] SCP fwd R/lf swivel CP DLW cl L, sd R, lf body rotation hook Lib SCP DLC (W SCP fwd L/lf swivel cl R CP fc DRC, sd L, rf body rotation hook Rib SCP DLC);

PART A (9-16)

<u>9-12</u>	<u>SLO SD LK; DBL REV SPIN; RT CHASSE; OUTSD CHG SCP;</u>
<u>13-16</u>	<u>WHIPLASH; SLO OUTSD SWIVEL; THRU TO PROM SWAY & CHG SWAY;;</u>

END

<u>1-4</u>	<u>PROM LINK; RUN OP NAT; TUMBLE TRN; LT WHISK;</u>	
1	1_3	[PROM LINK] Rf body rotation & cl R to L, rise, fwd L SCP DLW (W rf swivel cl L to R, rise, fwd R SCP DLW);
2	12&3	[RUN OP NAT] SCP DLC fwd R, fwd L rf trn CP fc DRW/bk R, bk L BJO ptr outsd (W SCP DLC fwd L, fwd R CP/fwd L, fwd R outsd ptr BJO fc DLC);
3	1&23	[TUMBLE TRN] Bk R CP/lf trn sd L, fwd R BJO DLC outsd ptr, fwd L lt sway CP lf pvt on L CP RLOD (W fwd L CP/fwd R lf trn, bk L BJO ptr outsd, bk R CP head rt lf pvt on R fc LOD);
4	123	[LT WHISK] CP Bk R lf trn, sd L, hook Rib fc DLW (W CP fwd L, lf trn sd R, hook Lib flick Rif of L fc DRC);
<u>5-8</u>	<u>SYNC TWIST TRN SCP; PROM RUN; SLO SD LK; SPLT RONDE;</u>	
5	__3(&1&23)	[SYNC TWIST TRN SCP] Unwind rf, rise on R, fwd L SCP DLC (W fwd R around ptr/fwd L, fwd R/fwd L rise & rf trn, fwd R SCP DLC);
6	1&23	[PROM RUN] SCP DLC fwd R/fwd L, fwd R BJO outsd ptr, fwd L SCP DLC (W SCP fwd L/sd R, bk L BJO ptr outsd, rf trn fwd R SCP);
7	123	[SLO SD LK] SCP fwd R, fwd L, lk Rib CP DLC (W SCP fwd L, lf trn sd R, lk Lif CP fc DRW);
8	_23 (12&3)	[SPLT RONDE] CP qk lower on R ronde L fwd ccw, lf trn bk L, slip bk R CP DRW (W CP cl R to L qk lower on R ronde L fwd ccw, lf trn xLib/fwdR, slip fwd L CP fc DLC);
<u>9-10</u>	<u>SLO CONTRA CK & EXTEND;;</u>	
9-10	1__;	[SLO CONTRA CK] CP DRW lower on R lf body trn rt sd stretch fwd L strong contra & slo chg to lt sd stretch & slowly extend the line (W CP lower on L lf body trn head rt bk R strong contra & slo chg head lt & slowly extend the line);