

STILL THE SAME

Count: 64 Wall: 1 Level: Intermediate / Advanced

Choreographer: Hedy McAdams

Music: Still The Same by Bob Seger



SHUFFLE (RIGHT-LEFT-RIGHT), SLIDE, SLIDE, SHUFFLE (LEFT-RIGHT-LEFT), TURN, ROCK

- 1&2 Shuffle forward right-left-right (long strides)
- 3 Slide-step left on a diagonal left and forward
- 4 Slide-step right on a diagonal right and forward
- 5&6 Shuffle forward left-right-left (long strides)
- Ball of left foot is planted through count 9, except to pivot
- 7 Slide-step ball of right forward on diagonal right and turn ¼ left
- 8 Rock-step left (in place)

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

- 9 Rock-step right on right (push hips right)
- Planted foot is released to allow stepping left foot back slightly to prepare for the cross-shuffles.
- 10 Shift weight left (step back slightly)
- 11&12 Cross-shuffle right over left to left
- 13 Rock-step left to left (push hips left)
- 14 Shift weight right (step back slightly)
- 15&16 Cross shuffle left over right to right

TURN, TOGETHER, SHUFFLE, SHUFFLE (LEFT-RIGHT-LEFT), TURN, ROCK

- 17 Step right to right and turn ¼ left
- 18 Step left beside right
- Legs remain crossed for the entire cross shuffles sequence. Progress to the left when crossing right over left and to the right when crossing left over right
- 19&20 Shuffle forward right-left-right
- 21&22 Shuffle forward left-right-left
- Ball of left foot is planted through count 25, except to pivot
- 23 Slide-step right on a diagonal right and turn ¼ left
- 24 Rock-step left (in place)

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

- 25 Rock-step right to right (push hips right)
- Planted foot is released to allow stepping left foot back slightly to prepare for the cross-shuffles.
- 26 Shift weight left (step back slightly)
- 27&28 Cross-shuffle right over left to left
- 29 Rock-step left to left (push hips left)
- 30 Pivot ¼ right and step slightly forward on right
- Begin turning shuffle
- 31 Step forward on left and turn ¼ right
- & Step right beside left
- 32 Turn ¼ right and step back on left

SHUFFLE (RIGHT-LEFT-RIGHT), BACK, TOUCH, FORWARD, TOUCH, FORWARD, TOUCH

- 33&34 Shuffle back on a diagonal right right-left-right

- 35 Step back on left (angle body left)
- 36 Touch right beside left
- 37 Big step forward right
- 38 Touch left beside right
- 39 Step left forward with left toe out (angle body left)
- 40 Sharply touch right toe beside left

TURN, TOUCH, SIDE, TOUCH, CROSS-BALL-CHANGE, TOUCH, UNWIND

- 41 Big slide-step to right on right and turn $\frac{1}{4}$ turn left
 - 42 Smooth slide-step left beside right (touch)
 - 43 Big slide-step to left on left
 - 44 Smooth slide-step right beside left (touch)
- Begin cross-ball-change
- 45 Swing right foot to right and step right behind left
 - & Step ball of left beside right (lean right)
 - 46 Step right foot slightly right
 - 47 Swing left foot to left and touch ball of left foot behind and to right of right foot (lean left)
 - 48 Gradually shift weight left as you lean left and unwind $\frac{3}{4}$ left, then drop left heel completing weight shift left

SHUFFLE (RIGHT-LEFT-RIGHT), ROCK, ROCK, TURN & STEP, ROCK, ROCK

- 49&50 Shuffle forward right-left-right
 - 51 Rock forward on left
 - 52 Rock back on right (in place)
- Begin turning shuffle
- 53 Turn $\frac{1}{4}$ left and step left to left
 - & Step right beside left
 - 54 Turn $\frac{1}{4}$ left and step forward on left foot
- Ball of left foot is planted through count 57, except to pivot
- 55 Slide-step ball of right foot forward on diagonal right and turn $\frac{1}{4}$ left
 - 56 Rock-step left (in place)

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

- 57 Slide-step right to right
 - 58 Slide left behind right and pop right knee
 - 59 Slide right to right (straight leg)
 - 60 Slide left behind right and pop right knee
 - 61 Step right to right and pivot $\frac{1}{4}$ left
- Then immediately lift left foot to begin a 2-count rolling turn to back wall
- Counts 62-64 are intended to be smooth flowing, not sharp, direction changes. "anchor" ball of left foot to floor for counts 62-63. On count 63, lean body toward back wall as you pivot left. Keep face looking toward back wall until last possible moment.
- 62 Turn $\frac{1}{2}$ left and step forward on left
 - 63 Step forward on ball of right foot then pivot $\frac{1}{4}$ left
 - 64 Pushing off from right foot, pivot $\frac{1}{4}$ left and step forward on left

REPEAT

Students may be inclined to skip counts 7-8, 23-24, and 55-56. They should be encouraged early in the teaching to count each set of 8 to the 8th count, to confirm that they have completed that set before moving on to the next.