**Oficialus KLŠA 2022 m. varžybų aprašymas**

##  Still Dancing

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**Type:** 32 count, 2 wall

**Level:** Modern B dance B

**Music:** She's Still Dancing - Hugo Helmig

**Phrases: A-T-A-A-Restart-A-T2-A-A-A-A-A-A**

**A - Part**

**[1-8] OUT OUT, KNEE POP, SAILOR ¼ TURN, STEP TOUCH R+L, STEP HITCH ¼ TURN**

|  |  |
| --- | --- |
| & 1 & 2 | Step RF to side (&), Step side on L (1), Lift both heels (&), Lower both knees (2) |
| 3 & 4 | Cross behind on LF (3), ¼ turn L and step back on R (&), Step forward on L (4), |
| 5 & 6 & | Step diagonal forward on R (5), Touch together on L (&), Step diagonal forward on L (6), Touch together on R (&), |
| 7 8 | Step forward on R (7), Hitch L with ¼ turn R (8), |

**[9-16] CROSS, SIDE, SAILOR ½ TURN, STEP BACK WITH HEEL GRINDS R+L, COASTER STEP, WALK L**

|  |  |
| --- | --- |
| 1 2 | Cross LF over RF (1), Step side on RF (2), |
| 3 & 4 | Cross LF behind RF with ¼ turn to L (3), ¼ turn L with step back on RF (&), Step forward on LF (4), |
| 5 6 | Step back on RF, Turn left heel to L (5), Step back on LF, Turn right heel to R (6), |
| 7 & 8 & | Step back on RF (7), Step together on LF (&), Step forward on RF (8), Step forward on LF (&), |

**[17-24] STEP HITCH, HOLD, OUT OUT, SWAY SWAY, SLIDE, HOLD**

|  |  |
| --- | --- |
| 1 2 | Step forward on RF (1), Make a hitch on L (2), |
| 3 & 4 | Hold (3), Step out on LF (&), Step out on RF (4), |

**\* Restart with Step change in Wall 3.**

|  |  |
| --- | --- |
| 5 6 | Swing your hips to right side (5), Swing hips to left side (6), |
| 7 8 | Slide to right side on RF (7), Hold (8), |

**\*Restart: Step in Place on LF (&), Touch RF next to LF (4)**

**[25-32] SAILOR ¼ TURN, STEP, ¼ TURN, SAILOR ¼ TURN, STEP, ¼ TURN WITH SWEEP; TOUCH**

|  |  |
| --- | --- |
| 1 & 2 | Cross LF behind RF (1), ¼ turn L and step back on RF (&), Step forward on LF (2), |
| 3 4 | Step forward on RF (3), ¼ turn L with step side on LF (4), |
| 5 & 6 | Cross RF behind LF (5), ¼ turn R and step back on LF (&), Step forward on RF (6), |
| 7 8 | Step forward on LF (7), ¼ turn with weight on LF and swing the RF from back to front and touch RF next to LF (8) |

**TAG**

**[1-8] STEP BACK WITH DRAG R+L, STEP ¼ TURN, HEAD MOVEMENT**

|  |  |
| --- | --- |
| 1 2 | Step RF diagonal backwards and push R arm diagonal forward to L (1), Drag LF next to RF (2) |
| 3 4 | Step LF diagonal backwards and push L arm diagonal forward to R (3), Drag RF next to LF (4), |
| 5 6 | ¼ turn R and step side on RF (5), Start making ¼ turn to R slowly with the head (6), |
| 7 8 | Continue the head-turn (7), Finish Head-Turn (8) |

**ARMS: FOLLOW WITH YOUR R HAND THE HEAD MOVEMENT, START WITH THE HAND IN FRONT OF YOUR FACE (5-8)**

**[9-16] ¼ TURN, STEP DRAG R+L, ARM MOVEMENT,**

|  |  |
| --- | --- |
| 1 2 | ¼ turn L with step forward on LF (1), Drag RF next to LF (2) |
| 3 4 | Step RF forward (3), Drag LF next to RF (4) |
| 5 6 | Step LF forward (5), Drag RF next to LF (6) |
| 7 8 | Start raising your R arm slowly in the air (7), Drag RF next to LF and finish raising you R arm (8), |

**[1-4] ARM MOVEMENT, CROSS, FULL TURN**

|  |  |
| --- | --- |
| 1 2 | Bring your R hand down in front of your cheast (1), Cross RF over LF (2), |
| 3 4 | Start full turn L (3), Finish full turn L with weight on LF (4) |

**\*Note: The counting of the tag is really difficult. It's easier to listen to the song.**

**TAG 2**

**[1-8] STEP BACK WITH DRAG R+L, STEP ¼ TURN, HEAD MOVEMENT**

|  |  |
| --- | --- |
| 1 2 | Step RF diagonal backwards and push R arm diagonal forward to L (1), Drag LF next to RF (2) |
| 3 4 | Step LF diagonal backwards and push L arm diagonal forward to R (3), Drag RF next to LF (4), |
| 5 6 | ¼ turn R and step side on RF (5), Start making ¼ turn to R slowly with the head (6), |
| 7 8 | Continue the head-turn (7), Finish Head-Turn (8) |

**Arms: follow with your R hand the head movement, start with the hand in front of your face (5-8)**

**[9-16] ¼ TURN, STEP DRAG R+L, ARM MOVEMENT**

|  |  |
| --- | --- |
| 1 2 | ¼ turn L with step forward on LF (1), Drag RF next to LF (2) |
| 3 4 | Step RF forward (3), Drag LF next to RF (4) |
| 5 6 | Step LF forward (5), Drag RF next to LF (6) |
| 7 8 | Start raising your R arm slowly in the air (7), Drag RF next to LF and finish raising you R arm (8) |