

Hedy McAdams, Published 1998

# “Still The Same”

A 64-count, 1-wall, challenging-intermediate-level line dance

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This step sheet's update: June 2010 (517) ~ If you are reading hard copy, please check website for subsequent updates.

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

## **A SHUFFLE – SKATE – SKATE SHUFFLE – TURN – REC**

Home/original wall=12:00 o'clock, begin with weight right (R).

- 1 Step R forward
- & Step L beside R
- 2 Step R forward
- 3 Slide-step L on a diagonal left and forward
- 4 Slide-step R on a diagonal, right and forward
- 5 Step L forward
- & Step R beside L
- 6 Step L forward
- 7 Slide-step ball of R forw. on diag. right and turn ¼ left [9:00]<sup>A</sup>
- 8 Recover weight L (in place)

## **B ROCK – REC – CROSS – &/CROSS ROCK – REC – CROSS – &/CROSS**

Facing 9:00 wall, weight L

- 1 Rock-step R right (push hips right)
- 2 Shift weight L (step back slightly)
- 3 Cross R over L<sup>B</sup>
- & Step L slightly left (maintain cross)
- 4 Cross R over L
- 5 Rock-step L to left (push hips left)
- 6 Shift weight R (step back slightly)
- 7 Cross L over R<sup>B</sup>
- & Step R slightly right (maintain cross)
- 8 Cross L over R

## **C TURN – TOG – SHUFFLE SHUFFLE – TURN – REC**

Facing 9:00, weight L.

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

## **D ROCK – REC – CROSS – &/CROSS ROCK – REC – TURN – &/TURN**

Facing 3:00 wall, weight L

- 1 Rock-step R right (push hips right)
- 2 Shift weight L (step back slightly)
- 3 Cross R over L<sup>B</sup>
- & Step L slightly left (maintain cross)
- 4 Cross R over L
- 5 Rock-step L left (push hips left)
- 6 Pivot ¼ right [6:00] and step (slightly) forward on R
- 7 Step forward on L and turn ¼ right [9:00]
- & Step R beside L
- 8 Turn ¼ right [12:00] and step L back

## **E SHUFFLE – BACK – TOUCH FORW – TOUCH – FORW – TOUCH**

Facing 6:00 wall, weight R

- 1 Step R back on diagonal right
- & Step L beside R
- 2 Step R back on diagonal right
- 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 – BEH – UNWIND**

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 ¼ left [12:00], then drop L heel (completing weight shift L)

## **G SHUFFLE – ROCK – RECOVER TURN – &/TURN – TURN – REC**

Facing 12:00 wall, weight L

- 1 Step R forward
- & Step L beside R
- 2 Step R forward
- 3 Rock forward on L
- 4 Recover weight 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)<sup>A</sup>
- 7 Slide-step ball of R forw. on diag. right and turn ¼ left [3:00]
- 8 Recover weight L (in place)

## **H SLIDE – POP – SLIDE – POP TURN – TURN – FORW – PIVOT**

Facing 3:00 wall, weight 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 Turn ¼ left [12:00] and step R back
- 6 Turn ½ left [6:00] and step forward on L
- 7 Step forward on ball of R foot then pivot ¼ left [3:00]<sup>C</sup>
- 8 (pushing off from R foot) Pivot ¼ left [12:00], and step forward on L

## **BEGIN AGAIN!**

Reset “clock” to 12:00

*Style and Execution Notes:*

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!

*Teaching Hints:*

Students may be inclined to skip counts A7-8, C7-8, and G7-8. They should be encouraged early in the teaching to count each set, to the 8<sup>th</sup> count, to confirm that they have completed that set before moving on the next.

See website for more teaching and styling hints