

# HEDY MCADAMS: "Still The Same"

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

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Teaching Note: To confirm that you have the latest step sheet, contact Hedy or visit her web site: [www.DanceAdventures.com](http://www.DanceAdventures.com)

Music/Tempo: Recommended: "STILL THE SAME" by Bob Seger, 36-ct. lead, 116 bpm, Seger's Greatest Hits CD

Teaching (slow wc swing) e.g., "SOMETHIN' TO TALK ABOUT," by Bonnie Raitt, 32-ct. lead, 108 bpm

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<b>A</b>	<b>SHUFFLE (RLR), SLIDE, SLIDE SHUFFLE (LRL), TURN, ROCK</b>
<i>Original wall=12:00 o'clock, weight left (L)</i>	
1&2	Shuffle forw. <b>R-L-R</b> (long strides)
3	Slide-step L on a diagonal left and forward
4	Slide-step R on a diagonal, right and forward
5&6	Shuffle forw. <b>L-R-L</b> (long strides)
7	Slide-step ball of R forw. on diag. right and turn ¼ left [9:00] <sup>A</sup>
8	Rock-step L (in place)

<b>B</b>	<b>ROCK, STEP, CROSS&amp;CROSS ROCK, STEP, CROSS&amp;CROSS</b>
<i>You should be facing 9:00 wall, weight L</i>	
1	Rock-step R right (push hips right)
2	Shift weight L (step back slightly)
3&4	Cross-shuffle: R over L to left <sup>B</sup>
5	Rock-step L to left (push hips left)
6	Shift weight R (step back slightly)
7&8	Cross shuffle: L over R to right <sup>B</sup>

<b>C</b>	<b>TURN, TOGETHER, SHUFFLE SHUFFLE (LRL), TURN, ROCK</b>
<i>You should be facing 9:00 wall, weight L</i>	
1	Step R right & turn ¼ left [6:00]
2	Step L beside R
3&4	Shuffle forward <b>R-L-R</b>
5&6	Shuffle forward <b>L-R-L</b>
7	Slide-step R on a diag. right and turn ¼ left [3:00] <sup>A</sup>
8	Rock-step L (in place)

<b>D</b>	<b>ROCK, STEP, CROSS&amp;CROSS ROCK, TURN, TURN&amp;TURN</b>
<i>You should be facing 3:00 wall, weight L</i>	
1	Rock-step R right (push hips right)
2	Shift weight L (step back slightly)
3&4	Cross-shuffle: R over L to left <sup>B</sup>
5	Rock-step L left (push hips left)
6	Pivot ¼ right [6:00] and step (slightly) forward on R
7	(begin turning shuffle) Step forward on L and turn ¼ right [9:00]
&	Step R beside L
8	Turn ¼ rt [12:00] & step L back

<b>E</b>	<b>SHUFFLE (RLR), BACK, TOUCH FORW, TOUCH, FORW, TOUCH</b>
<i>You should be facing 12:00 wall, now, and your weight is L.</i>	
1&2	Shuffle back on a diagonal right <b>R-L-R</b>
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

<b>F</b>	<b>TURN, TOUCH, SIDE, TOUCH CROSS-BALL-CHANGE (sailor shuffle), TOUCH, UNWIND</b>
<i>You should be facing 12:00 wall, weight L</i>	
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 ¾ left [12:00], then drop L heel (completing weight shift L)

<b>G</b>	<b>SHUFFLE (RLR), ROCK, ROCK TURN&amp;STEP, ROCK, ROCK</b>
<i>You should be facing 12:00 wall, weight L</i>	
1&2	Shuffle forward <b>R-L-R</b>
3	Rock forward on L
4	Rock back on 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	Rock-step L (in place)

<b>H</b>	<b>SLIDE, POP, SLIDE, POP BACK, TURN, TURN, TURN</b>
<i>You should be facing 3:00, now, and your weight is L.</i>	
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	Step R to right and pivot ¼ left [12:00] (then immediately lift L foot to begin a 2-count (H6-7) rolling turn toward 6:00 wall)
6	Turn ½ left [6:00] and step forward on L <sup>C</sup>
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!

<b>Style and Execution Notes:</b>
<sup>A</sup> Counts A7-B1, C7-D1, G7-H1: ball of L foot is "planted," except to pivot. Note that on counts B2 and D2, plant is "released" in order to allow dancer to step L foot back slightly (to prepare for the cross-shuffles that follow).
<sup>B</sup> For cross shuffles, counts B3&4, B7&8, and D3&4, legs remain crossed for entire sequence. Steps progress in direction indicated (i.e., to the left (when crossing R over L) or to the right (when crossing L over R).

<b>Style and Execution Notes:</b>
<sup>C</sup> 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, <b>lean body into 6:00 wall</b> as you pivot left—keep face looking toward 6:00 wall until last possible moment!
<b>Teaching Hints:</b>
Students may be inclined to skip counts A7-8, C7-8, and G7-8. They should be encouraged <b>early in the teaching</b> to count each set, to the 8 <sup>th</sup> count, to confirm that they have completed that set before moving on the next.