

# "I'M STILL ME"

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**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&2&3& Cont rf wheel run fwd L/R, L/R, L/R fc LOD (W cont rf wheel run fwd R/L, 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 1\_/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(12&3&) [CHASSE/LADY ROLL] Bk R, sd L/cl R, fwd L BJO DLW (W bk R, lf roll L/R, L/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 L lf trn, fwd R 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)
- 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 rt 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)
- 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\_)
- 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 Llf 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 \_]** 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**

- 1-4** **FALLAWY RONDE SLIP; DBL TELESPIN WITH MINI-TELESPIN END;;;**  
**5-8** **CONTRA CK & SWITCH; DBL RONDE TWIST TRN;; BK & CHASSE BJO;**  
**9-12** **NAT TRN; PVT 3 TO RT HINGE;; REV PVT;**  
**13-16** **FULL REV TRN;; WHISK; SYNC WHISK;**  
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)**

- 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;;**

**END**

- 1-4** **PROM LINK; RUN OP NAT; TUMBLE TRN; LT WHISK;**  
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);
- 5-8** **SYNC TWIST TRN SCP; PROM RUN; SLO SD LK; SPIT RONDE;**  
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 [SPIT RONDE] CP qk lower on R ronde L fwd ccw, lf trn bk L, slip bk R CP DRW  
(12&3) (W CP cl R to L qk lower on R ronde L fwd ccw, lf trn xLib/fwdR, slip fwd L CP fc DLC);
- 9-10** **SLO CONTRA CK & EXTEND;;**  
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);