

I'M STILL STANDING

Choreographer: Sammy Schöning & Ingrid David
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Music: Titel "I'm still standing", Artist "Elton John", *(slow down for comfort)*
CD: Elton John Greatest Hits Volume 3 MCA MD-10484 (and many other CDs)
Rhythm: Jive RAL: Phase V
Footwork: Opposite, except where otherwise stated
Sequence: Intro, A, A, B, C MOD, A, B, C, D, B, C, C, End;

(1. Juni 2008)
(corrected 9. Juli 2008)

INTRO:

1-4 WAIT; WAIT; RK, REC, POINT STEP 3 TIMES;;

1-4 in "separated" SCP, approx 4 feet apt wait 2 meas; rk bk L, rec R, pt fwd L, step fwd dlc twds ptr L; pt fwd R thru, step fwd dlc twds ptr R; Pt fwd L, step fwd dlc twds ptr L to end in BFLY/W;

5-8 KICK STEP 4 TIMES;; THRU, REC, FWD; THROWAWAY;

5-8 kick thru R, step sd twds RLOD on R, kick thru L, step sd twds LOD L, kick thru R, step sd twds RLOD on R, kick thru L, step sd twds LOD L; step fwd on R,-, rec on ball of L, fwd R; sd L/ cl R to L, sd L trng 1/4 LF, sd R/cl L to R, sd R (pickup R/ cl L to R, sd and bk R, sd and bk L/ cl R to L, sd and bk L);

PART A (LOP FCG LOD):

1-4 CHANGE PLACES L TO R WITH TWIRL 2 to CP;; FALLAWAY RK, RK, REC;;

1-2 (*change R to L*) rk apt L, rec R, sd L/cl R to L, sd L trng 1/4 RF; sd R, XLiF of R, sd R/cl L to R, sd R (rk apt R, rec L, fwd R/cl L to R, fwd R trng 3/4 LF under jnd ld hds to fc ptr; fwd L cont LF tm, sd R complete 1 full LF twirl under jnd lead hds to fc ptr, sd L/cl R to L, sd L);

3-4 (*fallaway rk*) rk bk L to SCP, rec R to fc, sd L/cl R to L, sd L; sd R/cl L to R, sd R, (*start American spin*) rk apt L, rec R;

5-8 AMERICAN SPIN; CHANGE HDS BHD THE BACK, CHANGE PLACES L TO R;;

5-6 (*cont American spin*) sd L/cl R to L, sd L leading ptr to spin RF, sd R/cl L to R, sd R (sd R/cl L to R, sd R spinning RF 1 compl revolution, sd L/cl R to L, sd L); (*start change hds bhd the back*) rk apt L, rec R, slightly fwd L/cl R to L, fwd L trng 1/4 LF (W trng RF);

7-8 (*cont change hds bhd the back*) sd and bk R/cl L to R, sd and bk R cont trng 1/4 LF (W trng RF) to fc ptr, (*Change place L to R*) rk bk L to SCP, rec R; sd L/cl R to L, sd L trng 1/4 RF, sd R/cl L to R, sd R to end LOP FCG LOD (rk bk R to SCP, rec L, fwd R/cl L to R, fwd R trng 3/4 LF under jnd ld hds to fc ptr; sd L/cl R to L, sd L);

9-10 STOP & GO;;

9-10 (*stop & go*) rk apt L, rec R, small fwd L/cl R to L, fwd L (rk apt R, rec L, fwd R/L, R trng 1/2 LF under jnd lead hds to end at M's R side); [man catches woman with R hnd on woman's L shoulder blade at end of triple to stop her movement]; rk fwd R, rec L, small bk R/cl L to R, bk R (rk bk L throw L arm up, rec R, trng 1/2 RF bk L/cl R to L, bk L);

PART B (LOP FCG LOD):

1-4 LINK TO WHIP TRN;; SHOULDER SHOVE, RK, REC;;

1-2 (*link*) rk apt L, rec R small fwd L/cl R to L, fwd L to CP; (*whip tm*) XRiB of L comm trng RF, sd L cont trng RF to fc COH, sd R/cl L to R, sd R (fwd L to M's R sd comm trng RF, fwd R betw M's feet cont trng RF to fc W, sd L/cl R to L, sd L);

3-4 (*shoulder shove*) rk apt L, rec R trng slightly RF, sd L/cl R to L, sd L twds ptr bringing M's L and W's R shoulders together trng LF to fc ptr; bk R/cl L to R, bk R, (*start change R to L*) rk L to SCP, rec R;

5-8 CHANGE PLACES R TO L; CHANGE PLACES L TO R, FALLAWAY THROWAWAY;;

5-6 (*cont change R to L*) sd L/cl R to L, sd L trng 1/4 LF, sd and fwd R/cl L to R, sd R (sd R/cl L to R, fwd R trng 3/4 RF under jnd lead hds, sd and bk L/cl R to L, sd and bk L); (*start change L to R*) rk bk L to SCP, rec R; sd L/cl R to L, sd L trng 1/4 RF (rk bk R to SCP, rec L, fwd R/cl L to R, fwd R trng 3/4 LF under jnd ld hds to fc ptr);

7-8 (*cont change L to R*) sd R/cl L to R, sd R to fc ptr, (*fallaway throwaway*) rk bk L to SCP, rec R; sd L/ cl R to L, sd L trng 1/4 LF to fc RLOD, sd R/cl L to R, sd R (pickup R/ cl L to R, sd and bk R, sd and bk L/ cl R to L, sd and bk L);

9-12 LINK TO WHIP TRN;; SHOULDER SHOVE, RK, REC;;

9-10 repeat PART B meas 1-2 starting in LOP FCG RLOD and ending in CP/W;;

11-12 repeat PART B meas 3-4 fcg W;;

13-16 CHANGE PLACES R TO L; CHANGE PLACES L TO R, FALLAWAY ROCK BFLY;;

13-14 repeat PART B meas 5-8 fcg W;;

15-16 sd R/cl L to R, sd R to fc ptr, (*fallaway rock*) rk bk L to SCP, rec R; sd L/cl R to L, sd L, sd R/cl L to R, sd R to BFLY/W;

PART C MOD(BFLY/W):

1-4 NECK SLIDE AND WHEEL;; ROLLING OFF THE ARM;;

1-2 (*neck slide and wheel*) with both hds jnd fcg ptr and W rk apt L, rec R raising jnd hds up and over ptr's heads, fwd L/cl R to L, fwd L releasing hand hold and placing R hd on ptr's R shoulder ending with woman on M's R side; wheel RF 1/2 fwd R, fwd L cont RF tm allowing R hnd to slide down ptr's arm, fwd R tmg 3/8 RF to fc DLW /cl L to R, small stp sd R to join R hds;

3-4 (*rolling off the arm*) rk apt L, rec R, small sd and fwd L/cl R to L, sd and fwd L tmg 1/4 RF lead W to tm LF and end on M's R side with M's R arm amd W's waist and L arm ext out fcg W; wheel fwd R, L, (W small fwd R/cl L to R, fwd R tmg 1/4 LF to end on M's R side, wheel bk L, R {opt. full solo spin on R}), still tmg RF small st fwd R/cl L to /R, fwd R tmg W RF to fc DLW (W cont RF tm small stp bk L/cl R to L, small stp bk end fcg DRC) keeping R hands joined;

5-8 TRIPLE WHEEL 3;;LADY SPINS, RK,REC; CHASSE L & R;

5-6 (*triple wheel 3*) R hds joined apt L, rec R, Wheel RF L/R, L touching W's back with L hnd; cont RF wheel R/L, R (W wheel RF R/L, R; cont RF wheel L/R, L touching M's back with L hnd), cont RF wheel L/R, L touching W's back with L hnd leading woman to spin RF (W cont RF wheel R/L, R);

7-8 (*lady spins*) sd R, cl L to R, sd R (W spins RF to fc RLOD L/ cl R to L, sd L, (*basic rock*) rk apt L, rec; sd L/cl R to L, sd L, sd R/cl L to R, sd R;

PART C (BFLY/W)

1-4 NECK SLIDE AND WHEEL;; ROLLING OFF THE ARM;;

1-2 (*neck slide and wheel*) with both hds jnd fcg ptr and W rk apt L, rec R raising jnd hds up and over ptr's heads, fwd L/cl R to L, fwd L releasing hand hold and placing R hd on ptr's R shoulder ending with woman on M's R side; wheel RF 1/2 fwd R, fwd L cont RF tm allowing R hnd to slide down ptr's arm, fwd R tmg 3/8 RF to fc DLW /cl L to R, small stp sd R to join R hds;

3-4 (*rolling off the arm*) rk apt L, rec R, small sd and fwd L/cl R to L, sd and fwd L tmg 1/4 RF lead W to tm LF and end on M's R side with M's R arm amd W's waist and L arm ext out fcg W; wheel fwd R, L, (W small fwd R/cl L to R, fwd R tmg 1/4 LF to end on M's R side, wheel bk L, R {opt. full solo spin on R}), still tmg RF small st fwd R/cl L to /R, fwd R tmg W RF to fc DLW (W cont RF tm small stp bk L/cl R to L, small stp bk end fcg DRC) keeping R hands joined;

5-8 TRIPLE WHEEL 3;;LADY SPINS, RK,REC; LINK ROCK;

5-6 (*triple wheel 3*) R hds joined apt L, rec R, Wheel RF L/R, L touching W's back with L hnd; cont RF wheel R/L, R (W wheel RF R/L, R; cont RF wheel L/R, L touching M's back with L hnd), cont RF wheel L/R, L touching W's back with L hnd leading woman to spin RF (W cont RF wheel R/L, R);

7-8 (*lady spins*) sd R, cl L to R, sd R (W spins RF to fc RLOD L/ cl R to L, sd L, (*link rock*) rk apt L, rec; small triple fwd L/cl R to L, fwd L tmg RF to CP/W, sd R/cl L to R, sd R;

NOTE: The Neck slide will tm 7/8;; the Rolling off the arm will tm full;; The Triple wheel will tm 7/8;;

PART D (SCP/LOD):

1-4 CHASSE ROLL TWDS LOD;; CHASSE ROLL TWDS RLOD;;

1-2 rk bk L to SCP, rec fwd R, triple fwd L / R, L tmg RF to fc ptr; sd R/ cl L to R cont. RF tm to bk to bk pos, sd R; sd L/ cl R to L cont. RF tm to fc RLOD, bk L to half LOP/RLOD;

3-4 rk bk R, rec fwd L, triple fwd R / L, RL tmg LF to fc ptr; sd L/ cl R to L cont. LF tm to bk to bk pos, sd L; sd R/ cl L to R cont. LF tm to fc ptr, sd R CP/W;

5-8 RK, REC, POINT STEP 3 TIMES;; KICK STEP 4 TIMES;;

5-8 repeat meas 3 -6 of INTRO

9-10 THRU, REC, FWD; THROWAWAY;

9-10 repeat meas 7 -8 of INTRO

ENDING BFLY/W:

1-4 SPANISH ARMS, RK APT,REC;; TRIPLE TO WRAP POS, POINT; HOLD;

1-2 (*spanish arms*) keep hds joined throughout rk apt, L, rec R tmg RF, sd L/cl R to L, sd L raising L arm to wrap W into M's arms; cont tmg RF sd R/cl L to R, sd R unwrap W to end fcg COH, (*start mod spanish arms*) rk apt L, rec R cont tmg RF;

3-4 (*cont mod spanish arms*) sd L/cl R to L, sd L raising L arm to wrap W into M's arms, point R fwd,-; Hold;