

Jeff Mills  
D&G Country Western  
Dance Instructor (Qualified)  
N.T.A. Level 2  
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## Still Going Strong

**Partner Dance:** – 32 Count – Easy Intermediate  
Start Position: Double Open Hand – Gent facing RLOD – Lady facing LOD  
Suggested Dance Music:

**Call Me The Breeze – Kalibre – 76/152**  
**Louisiana Saturday Night - Alambama – 82/164**  
**Louisiana Saturday Night - Mel McDonald – 82/164**  
**Broken Speed Of The Sound Of Loneliness – Susan McCann – 82/164**  
**The Bug - Mary - Chapin Carpenter – 86/172**  
**We're All Going To Die Some Day – Ann Tayler – 91/182 BPM**  
**Disappearing Nightly – Bill Wyman's Rhythm Kings – 93/186 BPM**

Suggested Teaching Music:

**All You Ever Do Is Bring You Down – The Mavericks – CD: Music for All Occasions - 145 BPM**

Choreographers: Jeff & Thelma Mills.

### Gent:

#### ½ Rumba Box. ½ Turn - Step. Chasse ¼ Turn. ½ Turn - Step.

1&2 Step L to L side. Step R next to L. Step forward L.  
3&4 Step forward R. Pivot ½ turn L. Step forward R.  
5&6 Step L to L side. Step R next to L. Step L ¼ turn L.  
7&8 Step forward R. Pivot ½ turn L. Step forward R.

**Note:** During counts 3&4: Release gent's left and ladies right hand, raise hands and gent to turn under gent's right and ladies left.  
On count 5: Release hands.  
On count 8: Go into double open hand hold.

#### Side Touch x 2. Lock Step. Triple Step. Full Triple Turn.

1&2 Step L to L side. Touch R next to L. Step R to R side.  
& Make 1/8 turn L and touch L across R.  
3&4 Syncopated lock step LRL with 1/8 turn L down LOD.  
5&6 Triple step forward RLR.  
7&8 ½ Turn R stepping back L. ½ Turn R stepping forward R.  
Step forward L.

**Note:** During counts 5 & 6: Release gent's right and ladies left, raise hands and lady to turn under gents left, ladies right.  
On count 7: Release hands.

#### Triple Step. Rock Step ¼ Turn. Sailor ¼ Turn. Triple Step.

1&2 Triple step forward RLR.  
3&4 Rock forward L. Recover back onto R.  
Make ¼ turn L stepping L to L side - ILOD.  
5&6 Sweep R and make sailor ¼ turn R - LOD.  
7&8 Triple step forward LRL.

**Note:** During counts 1 & 2: Go into double open hand hold.  
On count 5: Release gent's right and ladies left hands.

#### Forward Touch. Back Kick. Coaster Cross. ½ Turn. Coaster Step.

1&2 Step forward R. Touch L behind R. Step back L.  
& Kick R forward.  
3&4 Coaster step RLR crossing R over L.  
5&6 ½ Turn R stepping back L. Step in place R – L - RLOD.  
7&8 Coaster step RLR.

**Note:** On count 5: Release hands.

Restart the dance and go into double open hand hold.

### Lady:

#### ½ Rumba Box. Mambo. Chasse ¼ Turn. ½ Turn - Step.

Step R to R side. Step L next to R. Step back R.  
Rock back L. Rover onto R. Step forward L.  
Step R to R side. Step L next to R. Step R ¼ turn R.  
Step forward L. Pivot ½ turn R. Step forward L.

#### Side Touch x 2. Lock Step. ½ Turn. Full Triple Turn.

Step R to R side. Touch L next to R. Step L to L side.  
Make 1/8 turn R and touch R across L.  
Syncopated lock step RLR with 1/8 turn R down LOD.  
½ Turn R stepping back L. Step back R. Step back L.  
½ Turn R stepping forward R. ½ Turn R stepping back L  
Step back R.

#### Triple Step. Rock step ¼ Turn. Sailor ¼ Turn. Triple Step.

Triple step back LRL.  
Rock back R. Recover forward onto L.  
Make ¼ turn L stepping R to R side - OLOD.  
Sweep L and make sailor ¼ turn L - LOD.  
Triple step forward RLR.

#### Forward Touch. Back Kick. Coaster Step. Chasse. Coaster Step.

Step forward L. Touch R behind L. Step back R.  
Kick L forward.  
Coaster step LRL.  
Chasse right RLR.  
Coaster step LRL.

'HAPPY DANCING'

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