

ARE YOU STILL MINE

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Record: Unchained Melody, Collectables COL 4214 Flip (You've Lost That Lovin'  
Feelin') Suggested Phase VI Speed 45

Sequence: A,A,B,C,A,A,B,END

PART A

1-4 RAISE THE ARMS:- ; LOWER THE ARMS:-

1-2 In shadow pos fc DW wgt on R for both with flexed knee M behind W  
with arms slightly arnd her no contact raise the arms slowly as if  
pushing against a heavy wgt to just below shoulder level:-;

3-4 Slowly lower the arms pushing on that same wgt to original pos low  
& slightly in front of W:-;

5-8 LADY CONTRA BOTAFOGO; BOTH CONTRA BOTAFOGOS:- ; BOLERO WHEEL 3:

SQO 5 Sd & fwd onto L bringing arms up to side no contact,-, rk bk onto R,  
recov L (W sd & fwd L,-, rk R trn RF to fc ptr & DRC, recov L);  
SQO 6 Fwd R DW,-, rk sd & fwd L trn RF to fc ptr & DRC, recov R (W fwd  
R DRC,-, rk sd & fwd L trn RF to fc ptr & DW, recov R);  
SQO 7 Fwd L DRC,-, rk sd & fwd R trn LF to fc ptr & DW, recov L (W fwd L  
DW,-, sd & fwd R trn LF to fc ptr & DRC, recov L);  
SQO 8 Fwd R to bolero pos R arm arnd each others waist L arms out to sd  
commence RF wheel,-, cont wheel L, R to fc LOD (W also R,-, L, R);

9-12 HOOK SPIN (LADY ROLL); TRAVELING CROSS CHASSE:-:-

SS 9 Fwd L small step LOD letting W go,-, hook R behind L & trn RF 1 full  
(W SQO) revolution keep wgt on R (W roll RF twd LOD bk L,-, fwd R, bk L to fc  
ptr & R LOD separated from partner and now on opposite footwork);

SQO 10 Fwd L blend to double hand hold at waist level elbows in with R  
shoulder lead DW,-, sd & fwd R DW, XLIF of R progress DW (W bk  
R,-, sd & bk L, XRIF of L);

SQO 11 Sd & fwd R trn LF 1/4 to L shoulder lead DC,-, sd & fwd L, XRIF of L  
progress DC (W sd & bk L,-, sd & bk R, XLIF of R);

SQO 12 Sd & fwd L trn RF to R shoulder lead DW,-, sd & fwd R DW, XLIF of R  
progress DW (W sd & bk R,-, sd & bk L, XRIF of L);

13-16 PASSING TRAVELING CROSS CHASSE; PULL PASS; LADY RONDE TO INSIDE  
WRAP TO SHADOW LUNGE:-

SQO 13 Sd & fwd R trn LF to left shoulder lead LOD fc wall,-, sd L LOD pass  
W on inside of circle, XRIF of L fc wall commence to trn to fc R LOD  
(W sd & bk L trn LF to fc COH,-, sd R small step, XLIF of R commence  
to trn to LOD);

SS 14 Trn to fc R LOD step bk L aggressively LOD comm to trn RF,-, sd & bk  
(W SQO) R pulling W by on inside of circle comm trn to fc LOD,- (W fwd R LOD  
hanging bk,-, run fwd L, fwd R past M on inside of circle);

HOLD Q 15 Trn to fc LOD stopping W's fwd prog by pulling bk with arms,-,-,  
(W SQO) lead lady to trn LF begin wrap lift L arm up over her head step bk

- L on last qk ct ( W fwd L trning RF to aerial ronde R CW to fc DRC,-,  
 XRB of L, fwd L trn LF to commence wrap);  
 SS 16 Sd R twd RLOD in wrap pos to fc DW,-, lower to shadow pos in R leg  
 for both to take the position at the beginning of dance,-;

REPEAT A BUT STAY IN WRAPPED POSITION

PART B

- 1-4 SWEETHEART RUN 6:-; SWEETHEART SWITCH; WOMAN ACROSS MAN;  
 SQQ 1 In wrapped pos same footwork fwd L,-, fwd R, fwd L;  
 SQQ 2 Fwd R,-, fwd L, fwd R cut in front of W comm RF trn;  
 SQQ 3 Fwd & sd L across W trn RF to fc LOD W on inside of circle ( W trn RF  
 to step sd & slightly bk L cont to trn RF maintain wrapped pos),-, fwd  
 R, fwd L to fc LOD;  
 SQQ 4 Fwd R small step extending wrapped arms to allow W to get in front  
 (W fwd slightly in front of M to comm to go to outside of circle),-,  
 fwd L ( W fwd L), fwd R larger step to wrap pos on inside of circle  
 to cut in front of W comm RF trn ( W fwd R on outside of circle);  
 5-8 SWEETHEART SWITCH WITH UNWRAP ENDING; SIDE,-, FENCE LINE, RECOV;  
POINT,-, LADY ROLL ( M TRANS ),-; LADY ROLL ( M CROSS CHASSE );  
 S HOLD 5 Fwd & sd L across W trn RF to fc LOD woman on inside of circle  
 (W SQQ) (W trn RF to step sd & slightly bk L cont to trn RF),-, with no wgt  
 chg unwrap the lady to OP fc COH,- ( W unwrap rolling RF down  
 LOD R, L);  
 SQQ 6 Sd R,-, fence line XLIF of R down LOD, recov R ( W same footwork );  
 SS 7 Point L to RLOD,-, sd L,- ( W point L,-, roll LF L, R on inside of  
 (W SQQ) circle catching up with M );  
 SQQ 8 XRIF of L twd RLOD,-, sd L, XRIF of L ( W cont to roll LF L,-, R, L to  
 fc M ) end in loose CP fc COH;  
 9-12 TWO BASICS:-; LEFT TRN INSIDE ROLL :-;  
 SQQ 9 Sd L,-, XRB of L, recov L;  
 SQQ 10 Sd R,-, XLIB of R begin to open body away from ptr, recov R  
 ( W recov L to cut in front of M DRW end CP fc LOD );  
 SQQ 11 Fwd L trn LF to fc wall,-, sd R, XLIF of R twd RLOD ( W bk R trn  
 LF,-, sd L trn LF under lead arms, cont trn LF to fc ptr & COH R );  
 SQQ 12 Sd R,-, XLIB of R begin open body away from ptr, recov R ( W recov  
 L to cut in front of M DC to CP );  
 13-16 LEFT TRN INSIDE ROLL OVERTURNED TO BACK TRAVELING CROSS  
CHASES:-;-; BACK TRAVELING CROSS CHASSE TO FC WALL;  
 SQQ 13 Fwd L twd LOD trn LF to fc COH,-, sd R DC, XLIF of R fc RLOD ( W bk  
 R trn LF,-, sd L trn LF under lead arms, sd R cont trn to fc LOD );  
 SQQ 14 Bk R with L shoulder bk double hand hold at waist level elbows in,-,  
 sd & bk L, XRIF of L progress DW ( W fwd L,-, sd & fwd R, XLIF of R );  
 SQQ 15 Sd & bk L trn RF to R shoulder bk to progress DC,-, sd & bk R, XLIF  
 of R ( W sd & fwd R,-, sd & fwd L, XRIF of L );  
 SQQ 16 Sd & bk R trn LF overtrn to begin to fc the wall,-, sd & bk L to fc  
 wall blending to BFLY, XRIF of L to fc wall ( W sd & fwd L,-, sd & fwd  
 R, XLIF of R );

1-4 TWO BASICS:-; COMMENCE TRIPLE TRAVELER:-;

- SQQ 1 Sd L,-, XRIB of L, recov L blend to CP;  
SQQ 2 Sd R,-, XLIB of R begin to open body away from ptr, recov R ( W recov L to cut in front of M DC to CP);  
SQQ 3 Fwd L trn LF slightly fc DC,-, sd & fwd R, fwd L LOD ( W bk R trn LF,-, sd L trn LF under lead arms, cont trn LF to fc wall R);  
SQQ 4 Fwd R spiral LF under joined hands ( W trn to fc LOD fwd L),-, fwd L, fwd R lower the hnds out in front of ptrs at shoulder level;

5-8 CONT TRIPLE TRAVELER OVERTURNED TO TUNNEL EXIT:-; OUTSIDE ROLL; BASIC ENDING:

- SQQ 5 Fwd L begin to bring joined hnds down & in front of M ( W fwd R DW to begin to XIF of M),-, fwd R, fwd L ( W twirl RF under lead hnds L, R to fc RLOD on wall side of ptr);  
SQQ 6 Fwd R going under joined arms,-, small fwd L, fwd R ( W fwd L begin RF circle arnd M,-, cont circle fwd R, fwd L to end fc LOD in LOP);  
SQQ 7 Fwd L bring joined hnds down & comm trn LF to fc COH,-, sd R, XLIF of R ( W fwd R comm RF twirl,-, twirl RF L, R, to fc ptr & wall);  
SQQ 8 In BFLY fc COH sd R,-, XLIB of R, recov R;

9-12 UNDERARM TRN TO OPEN BREAK ENDING:-; MAN INSIDE ROLL TO BOLERO WHHEEL:-;

- SQQ 9 Sd L to palm to palm lead,-, XRIB of L, recov L ( W sd R comm to trn RF under lead arms,-, XL over R twd RLOD trn RF to LOD, recov fwd R to trn to fc ptrn & wall);  
SQQ 10 Sd R,-, rck apt bk L, recov R with lead hnds joined;  
SQQ 11 Fwd L twd ptr comm LF trn,-, drop hands roll LF 3/4 into bolero BJO wheel pos R, L fc LOD ( W fwd R,-, fwd L comm RF wheel, fwd R cont wheel fc RLOD);  
SQQ 12 Wheel RF 3/4 R,-, L, R;  
13-16 BOLERO WHHEEL; LADY SPIRAL AND ROLL; MAN CHASE; DISHRAG:  
SQQ 13 Wheel 3/4 L,-, R, L to end RLOD;  
SQQ 14 Wheel R to let go of W,-, wheel L, R to fc DW ( W fwd L DW spiral RF, roll fwd R, bk L trn to fc DW);  
SQQ 15 Fwd L,-, fwd R, fwd L to place hnds on W's shoulders ( W fwd R, cl L ( W QQ HOLD) to R, hold to bring arms in front of body crossed at chest level);  
SS 16 Bring R to L wgt on both feet as lower into the knees,-, straighten knees ( W lower in knees and fold head back as if shot in the back hnds down to side,-, lower head as body & kness straighten hnds come bck in front but at waist level) end in shadow pos wgt on R,-;

REPEAT A, A, B

ENDING

1-5 UNDERARM TRN TO LUNGE APART:-; LADY ROLL; SD TO HOOK LEG; AROUND THE WORLD:

- SQQ 1 Sd L to join lead hnds palm to palm,-, XRIB of L, recov L ( W sd R comm RF trn under lead arms,-, XL over R twd LOD trn RF to fc RLOD, recov fwd R to fc ptr & COH);  
SQQ 2 Sd R,-, recov L, point R ( W trn RF L,-, sd R to fc wall in OP, tch L to R with L knee bent & veered across R knee R hnd up in the air by ear);  
HOLD 3 Hold but lead W to roll LF twd you ( W roll LF L,-, R, L staying to R (W SQQ) side of M);  
HOLD 4 Trn body to DW,-, place both arms arnd W at waist level hnds pointing ( W SS) up to support her back ( W fwd R between M's feet arms arnd his neck,-, lift L leg & lock it arnd M's R leg);  
SS 5 Lower into L knee & comm RF swivel,-, cont swivel to rise up in L leg fc DRW ( W lower in R knee lift pelvis twd M & allow upper body and head to fall back,-, leave head back as the swivel occurs & then bring it up to look at M as he rises just as music ends), -;