

ALL ALONE AM I

Music: Brenda Lee
[All Alone Am I - Album by Brenda Lee - Apple Music](#)
Track # 1 Time 2:46 Slow Down w/ -10% to Time 3.04
Available from choreographer
Rhythm: Bolero Phase: V + Several U
Footwork: Opposite except where (Noted)
Release Date: Sept 26
Choreo: Jos Dierickx Beverloesestwg 14b2 3583 Paal Belgium
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Sequence: INTRO AB AB A(1-12) END



INTRO

01-03 CP LOD TRAIL FOOT FREE WAIT 1 MEASURE ; SIDE & CROSS CHECK to SCAR /W DEVELOPE ; HOLD & BACK to FC WALL ;

{Wait} CP LOD trl ft free wt 1 meas ; {Cross Check to Scar DRW/W Develope} [SS] Sd R, -, Trng body slightly RF on R fwd L to SCAR DRW (W sd L, -, trng body slightly RF to SCAR on R fcg DLC, raise L knee plcg L ft along side R knee, extend L ft fwd), -; {Hold Bk to FC & Wall} [-, -, S, -] hold, -, Bk R swiv LF to fcg ptr & Wall (W fwd L swiv LF to fcg ptr & Coh), -;

PART A

01-04 CROSS CHECK to DLW ; BACK to FACE & RIFF TURN to RLOD ; CROSS CHECK to DRW ; SLOW BACK TURN to OP LOD & lft Hndshk ;

{X-Check} [SS] Sd L, -, XRif to DLW Checkg (W sd R, -, XLib to DRC), -; {Bk to Fc & Riff Trn to Rlod} Bk L swiv to fc ptr raisg trl hnds, -, [sd R, cl L] or sd R spin RF, cl L compg full trn (W fwd R swiv to fc ptr, -, spin LF to fcg LOD, cl R) ; {X-Check} [SS] Sd R, -, XLif to DRW Checkg, - (W sd L, -, XRif to DLC), -; {Slow Bk Trn to OP LOD & lft hndshk} [S] Bk R swiv to OP LOD & lft Hndshk, -, -, (W fwd L swiv to OP LOD & lft Hndshk, -, -, -) ;

05-08 MODIFIED SLIDING DOOR 4 & lft Hndshk/ M UNDERARM PASS ; / W OUTSIDE ROLL ; / M UNDERARM PASS ; /W ROLL twd WALL ;

{Mod Slidg Door x 4 & lft Hndshk / M's Undrm Pass} [Lft Hndshk for the next 4 meas] [SS] Rk sd L, -, rec R lft hnds raisg to M undrm pass [No Trn], XLif jnd lft hnds down (W rk sd R, -, rec L raisg lft hnds, XRif) to Tandem M in Front ; { /W Outsd Roll} [SS] Rk sd R, -, rec L jnd lft hnds to lead W roll RF trn fc COH, cont leadg W roll full trn XRif (W rk sd L, -, rec R trn ½ RF, sd L trn ½ L,) to Tandem/W ifo M, -; { /M's Undrm Pass} Rpt meas 5 of Part B ; { /W Roll twd Wall} Sd R, -, rec L jnd lft hnds lead to W roll ½ RF to fc COH, XRif w/ ¼ RF roll (W rk sd L, -, rec R roll ½ RF to fcg M, sd L cont w/ ¼ RF roll) to WALL ;

09-12 TRAVELING RIGHT TURN w/ OUTSIDE ROLL ; ; FENCE LINE w/ ARMSWEEP TWICE ; ; [3thTime: Rt Hndhk]

{Travelg Right Trn w/ Outsd Roll} Cont trn RF crossg ifo W sd & bk L to CP fcg RLOD, -, XRif, twist tm RF 5/8 on both ft to fc DLW & shift wgt to L (W fwd R btwn M's ft, -, fwd L, R around M RF) end CP M fcg DLW ; Fwd R slightly trng RF to fc WALL raisg jnd ld hnds to lead W tm RF, -, sd L, XRif (W sd & bk L comm tm RF under jnd ld hnds, -, cont tm RF under jnd ld hnds R, L) end in Low Bfly fcg WALL ; {Fence Line w/ Armsweep x 2} Sd L, -, [circg trl arm full CCW (W CW)] XRif (W XLif) on soft knee, rec L ; Sd R, -, [circg trl arm full CW (W CCW)] XLif (W XRif) on soft knee, rec R to WALL & Pickg Up in Low Bfly ; [3thTime: Rt Hndshk & No Pickup]

13-16 TRAVELING X-CHASSE FOUR TIMES END to WALL ; ; ;

{Trav Cross Chasse x 4 to CP WALL} Trng sltly LF fwd L to DLC, -, w/ r-t hldr ld sd & fwd R twd DLW, cl L ; Trng RF fwd R twd DLW, -, w/ lft shldr ld sd & fwd L twd DLC, cl R ; Rpt meas 13 Part A ; Trng RF fwd R twd DLW, -, contg to trn RF sd & fwd L twd WALL, cl R to CP WALL ;

PART B

01-04 TRIPLE TRAVELER ; ; START HORSESHOE TURN ;

{Triple Traveler} Fwd L comm LF trn raisg jnd ld hnds to ld W's LF trn, -, sd R compg ¼ LF trn, XLif (W bk R comm LF trn, -, sd L trng LF undr ld hnds, contg LF trn sd R) to LOD ; Fwd R spiral LF undr jnd hnds, - fwd L, fwd R (W fwd L, -, fwd R, fwd L) ; Fwd L bring jnd hnds dwn & bk in cont circ motion to ld W into RF trn, -, fwd & sd R to fc ptr, XLif (W fwd R comm roll RF under jnd lead hnds, -, bk L cont roll, fwd R comp Roll to fc ptr) ; {Start Horseshoe Trn} [Rel trl hnds & extend to sd] Sd R trng RF to fc LOD, -, fwd L w/ checkg action, XRif (W [rel trl hnds & extg to sd] sd L trng LF to fc LOD, -, fwd R w/ checkg action, XLib) end LOP LOD ;

05-08 FINISH HORSESHOE TURN ; REVERSE UNDERARM TURN ; LUNGE BASICS ; ;

{Finish Horseshoe trn} Fwd L comm circ walk CCW, -, raisg jnd ld hnds fwd R cont circ walk, fwd L complg circ walk (W fwd R comm RF circ walk CW, -, fwd L cont RF circ walk under jnd ld hnds, fwd R compl circ walk) to BFLY WALL ; {Reverse Underarm Trn} [Relg trl hnds] Sd R raisg jnd ld hnds palm-to palm, -, XLif, rec R (W sd L com LF trn undr jnd ld hnds, -, XRif cont LF trn ½, rec L compg full trn) to BFLY ; {Lunge Basic x 2} Sd L extg ld arm to sd, -, rec R, XLif (W XRif) ; Sd R extg trl arm to sd, -, rec L, trng LF sm fwd R (W sd L, rec R, XLif trng LF to fold ifo M) to DBL Hndhld WALL ;

- 09-12 DBL HANDHOLD UNDERARM TURN to STACKED HANDS ; OP BREAK to FACE ; CHANGE SIDES/W UNDERARM ; BASIC ENDING ;**
{Dbl Hndhld Undrm Trn to Stacked Hnds} [With both hnds jnd above lady's head] Sd L, -, XRib lead ptr under dbl hd hold, rec fwd L Stacked Lft over Rt hnds (W fwd R, -, fwd L rf trn under dbl hd hold, fwd R stacked hnds L over R) fcg ptr & WALL ; { OP Break to Fc}
With stacked hnds sd R, -, rk apt L, rec R to rt sd of W ; {Change Sides / W Underarm} Fwd L to WALL chg sds CW lead W trn under stacked hnds, -, sd R, XLif (W fwd R to COH LF trn under stacked hnds chg sds, -, sd L, XRif) to BFLY COH ; {Basic Endg} Sd R, -, XLib, rec R to BFLY COH ;
- 13-16 RIGHT TURN w/OUTSIDE ROLL ; OP BASIC ENDING ; TWO SWITCHES END to BFLY WALL ; ;**
{Right Trn w/ Outsd Roll} Sd & bk L xg ifo W, -, raisg jnd ld hnds to ld W's RF trn sd & bk R trng ¼ RF, XLif (W fwd R com RF twrl undr ld hnds, -, fwd L contg to trn, fwd & sd R contg to trn to fc ptr) to BFLY WALL ; {OP Basic Endg} Sd R trng to ½ LF rlsng ld hnds OP LOD, -, XLib (XRib) rec R to ½ OP LOD ; {2 Switches End to Fc Wall} Sd L Xg ifo W to ½ LOP, -, fwd R, fwd L (W fwd R, -, fwd L, fwd R) ; Fwd R, -, fwd L to ½ OP LOD, fwd R swiv RF to fc ptr (W sd L xg ifo M, fwd R to ½ OP, fwd L swiv LF to fc ptr) to BFLY WALL ;

ENDING

- 01-04 Rt Hndshk UNDERARM TURN ; FALLAWAY RONDE & VINE 2 ; CROSS CHECK to SCAR/W DEVELOPE ~ HOLD ½ MEASURE ; ;**
{rt Hndshk Underarm Trn} Sd L raisg jnd rt hnds palm-to-palm, -, XRib, rec L (W sd R com RF trn undr jnd rt hnds, -, XLif cont RF trn ½, rec R compg full trn) to BFLY WALL ; {Fallaway Ronde & Vine 2 } [QQQQ] Sd R, trng LF L to OP LOD, sd R to fcg ptr & Wall, XLif ; {Cross Check to Scar/W Develope ~ Hold ½ meas} [S-S-; S] Sd R, -, trng body slightly RF to SCAR XLif (W sd L, -, trng body slightly RF to SCAR XRib, bk R, raise L knee plcg L ft along side R knee, extend L ft fwd), -; ~ Hold ½ meas ;
- 05-08 RECOVER to FACE & SIDE CLOSE ; TURN TO ROMANTIC SWAYS ; ; VINE 4 ;**
{Rec to Fc & Sd Cl} Rec R swiv to fc ptr, -, sd L, cl R ; {Trn to Romantic Sways} [Rel ld hnds] Sd L & swiv LF (W RF) to bk-to-bk sweep ld hnds up & around to end stretched out to sd at shldr level, -, sd R, rec L ; Sd R and swiv RF (W LF) to fc bring ld hds betwn ptrs to lead hip, -, sd L, rec R to CP WALL ; {Vine 4} [QQQQ] Sd L, XRib, sd L, XRif end CP WALL ;
- 09-10 HINGE ; EXTEND ARMS ;**
{Hinge} Sd L, -, cont slight LF trng lower on L, - (W sd R trng LF, -, cL to R, cont LF body trn comm lower on L extend R to RLOD look well to lft) ; {Extend Arms} Cont slight lowerng rel ld hnds W place rt hnd on M's lft shldr both extend lft arms out to side ;