

All Alone

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Music: „All Alone“ (Johnny Howard & His Orchestra), Download Casa Musica; 2:31 min. (29 MPM) - adjust speed

Rhythm & Phase: WZ, Phase II

Timing: 1,2,3; throughout from Part A (meas 1) up to Ending (meas 3)

Footwork: opposite unless noted (Woman's footwork in parentheses)

Sequence: Intro – A – B – A(mod) – B(1-12) – Ending

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INTRODUCTION

- 1–4 **OP Both Fcg LOD & Looking Down with no Hands Joined Wait 2 Meas ; ;
Slowly Turn Head to Look at Ptr ; Slowly Turn Head to Look Fwd Down LOD ;**
- 1-2 {Wait 2 Meas} In OP both fcg LOD hd bent to look down and no hnds jnd wait ; ;
- 3 {Trn Head to Look at Ptr} Taking whole meas trn hd up & sd to look at ptr ;
- 4 {Trn Head to Look Fwd Down LOD} Taking whole meas trn hd to fc LOD ;

PART A

- 1–4 **Solo Turn to Face ; ; No Hands Joined Balance Left & Right ; ;**
- 1-2 {Solo Trn to Fc} Stp fwd L start trng LF, sd & bk R cont trng LF, cl L to R to fc RLOD ;
Bk R trng LF, sd L cont trng LF to fc WALL, cl R to L to fc ptr with no hnds jnd ;
(W fwd R start trng RF, sd & bk L cont trng RF, cl R to L to fc RLOD ;
Bk L trng RF, sd R cont trng RF to fc WALL, cl L to R to fc ptr ;)
- 3-4 {Bal L & R} Extendg arms stp sd L, XRib of L, rec L ; Sd R, XLib of R, rec R to fc ptr & WALL ;
(W stp sd R, XLib of R, rec R ; Sd L, XRib of L, rec L to fc ptr ;)
- 5–8 **Roll 3 to Face ; Thru, Fc, Cl to CP ; Box to BFLY ; ;**
- 5 {Roll 3 to Fc} Taking whole meas trng LF (W RF) over 360 degrees stp sd & fwd L,
sd & bk R, bk & sd L to fc ptr with no hnds jnd ;
- 6 {Thru, Fc, Cl} Stp thru R, sd L to fc ptr, cl R to L to CP WALL
(W stp thru L, sd R to fc ptr, cl L to R) ;
- 7-8 {Box} In CP WALL stp fwd L, sd R, cl L to R ; Stp bk R, sd L, cl R to L to BFLY WALL ;
- 9–12 **Waltz Away ; Turn In to LOP RLOD ; Back Waltz ; Back Twinkle to OP LOD ;**
- 9 {Waltz Away} Release ldhnds and stp sd & fwd L away from ptr, sd & fwd R, cl L to R
(W sd & fwd R away from ptr, sd & fwd L, cl R to L) ;
- 10 {Trn In} Stp fwd & sd R start trng RF (W LF), cont trng fwd & sd L twd ptr,
cl R to L jng ldhnds to LOP RLOD ;
- 11 {Bk Waltz} Stp bk L, bk & slightly sd R, cl L to R (W bk R, bk & slightly sd L, cl R to L) ;
- 12 {Bk Twinkle} Stp Bk R trng ¼ LF, sd & fwd L cont trng LF, cl R to L to OP LOD ;
- 13–16 **Back Twinkle to LOP RLOD ; Back Vine 3 ; Twirl Vine 3 ; Thru, Face, Close ;**
- 13 {Bk Twinkle} Stp Bk L trng ¼ RF, sd & fwd R cont trng RF, cl L to R to LOP RLOD ;
- 14 {Bk Vine 3} In LOP RLOD stp bk R trng LF to BFLY WALL, sd L, XRif of L ;
- 15 {Twirl Vine 3} Release trlhnds raise ldhnds and stp sd L leadg W to twirl RF, XRiB of L, sd L
(W under raised ldhnds stp sd & fwd R start trng RF, sd & bk L cont trng RF to fc ptr, sd R) ;
- 16 {Thru, Fc, Cl} Stp thru R, sd L to fc ptr, cl R to L to Left Open FCG
(W stp thru L, sd R to fc ptr, cl L to R) ;

PART B

1-4 Lace Up to PU ; ; ; ;

- 1-4 {**Lace Up**} Passg LOD bhnd W stp fwd L trng ¼ LF & leadg W across LOD undr jnd ld hnds, stp fwd R, cl L to R to LOP LOD ; Stp fwd R, fwd L, cl R to L ; Releasg ld hnds & jng trl hnds stp fwd L passg LOD bhnd W leadg W across undr jnd trl hnds, fwd R, cl L to R to OP LOD ; Leadg W in front stp fwd R, sm fwd L trng slightly LF, cl R to L to CP DLC ;
(*W passg diag across LOD undr jnd ld hnds stp fwd R trng ¼ RF, fwd L, cl R to L ; Stp fwd L, fwd R, cl L to R ; Passg diag across LOD undr jnd trl hnds stp fwd R, fwd L, cl R to L ; Start trng LF stp fwd L, cont trng LF fwd & sd R to fc ptr, cl L to R to CP DLC ;*)

5-8 2 Left Turns to Face WALL ; ; Twisty Vine 6 ; ;

- 5-6 {**2 L Trns**} In CP DLC stp fwd L start trng LF, fwd & sd R trng LF, cl L to R ; Stp bk & sd R contg LF trn, bk & sd L trng LF to fc WALL, cl R to L ;
7-8 {**Twisty Vine 6**} Stp Sd L, XRib (*W XLif*), sd L ; XRif (*W XLib*), sd L, XRib (*W XLif*) ;

9-12 Roll 3 to Face ; Thru, Face, Close to BFLY ; Twirl Vine 3 ; Maneuver ;

- 9 {**Roll 3 to Fc**} Releasg hnds & taking whole meas trng LF (*W RF*) over 360 degrees stp sd & fwd L twd LOD, sd & bk R, bk & sd L to fc ptr with no hnds jnd ;
10 {**Thru, Fc, Cl**} Stp thru R, sd L to BFLY WALL, cl R to L
(*W stp thru L, sd R to fc ptr, cl L to R*) ;
11 {**Twirl Vine 3**} Release trlhnds raise ldhnds and stp sd L leadg W to twirl RF, XRiB of L, sd L
(*W under raised ldhnds stp sd & fwd R start trng RF, sd & bk L cont trng RF to fc ptr, sd R*) ;
12 {**Manuv**} Stp thru & fwd R start trng RF, sd L cont trng RF to CP RLOD, cl R to L
(*W thru L start trng RF, sd & fwd R cont trng RF, cl L to R*) ;

13-16 2 Right Turns to Face WALL ; ; Twirl Vine 3 ; Thru, Face, Close to CP ;

- 13-14 {**2 R Trns**} In CP fcg RLOD stp bk L start trng RF, sd & fwd R cont RF trn, cl L to R to CP DLC ; Stp fwd R trng RF, fwd & sd L cont RF trn to fc WALL, cl R to L to BFLY ;
15 {**Twirl Vine 3**} Release trlhnds raise ldhnds and stp sd L leadg W to twirl RF, XRiB of L, sd L
(*W under raised ldhnds stp sd & fwd R start trng RF, sd & bk L cont trng RF to fc ptr, sd R*) ;
16 {**Thru, Fc, Cl**} Stp thru R, sd L to fc ptr, cl R to L to CP WALL
(*W stp thru L, sd R to fc ptr, cl L to R*) ;

PART A(MOD)

1-4 Left Turning Box Half to Face COH ; ; Balance Forward & Back ; ;

- 1-2 {**L Trng Box Half**} In CP stp fwd L start trng ¼ LF, cont trn sd R to fc LOD, cl L to R ; Stp bk R start trng ¼ LF, cont trn sd L to fc COH, cl R to L ;
3-4 {**Bal Fwd & Bk**} In CP COH stp fwd L, cl R, sip L ; Stp bk R, cl L, sip R ;

5-8 Left Turning Box Half to BFLY WALL ; ; Balance Left & Right ; ;

- 5-6 {**L Trng Box Half**} In CP COH stp fwd L start trng ¼ LF, cont trn sd R to fc RLOD, cl L to R ; Stp bk R start trng ¼ LF, cont trn sd L to fc WALL, cl R to L ;
7-8 {**Bal L & R**} In BFLY WALL stp sd L, XRib of L, rec L ; Sd R, XLib of R, rec R ;
(*W stp sd R, XLib of R, rec R ; Sd L, XRib of L, rec L ;*)

9-12 Waltz Away ; Turn In to LOP RLOD ; Back Waltz ; Back Twinkle to OP LOD ;

Repeat meas 9-12 of part A ; ; ; ;

13-16 Back Twinkle to LOP RLOD ; Back Vine 3 ; Twirl Vine 3 ; Thru, Face, Close ;

Repeat meas 13-16 of part A ; ; ; ;

ENDING

1-4 3 Right Turns to Face COH ;;; Lunge Side & Hold :

- 1-3 {3 R Trns } In CP fcg RLOD stp bk L start trng RF, sd & fwd R cont trng RF, cl L to R to CP DLC ; Stp fwd R trng RF, fwd & sd L cont trng RF, cl R to L to CP DRW ; Stp bk L trng RF, sd & fwd R cont trng RF, cl L to R to CP COH ;
- 4 {Lunge Sd & Hold} Stp sd R twd LOD bending R knee & hold position up to the end of music

Suggested Quick Cues

Intro – A – B – Amod – B(1-12) – End

Intro In OP both fcg LOD & lookg down no hnds jnd
wait 2 Meas;; Slowly Look at Ptr; Slowly Trn Hd Fc LOD;

Part A Solo Trn (in 6) to Fc;; no hnds Bal L & R;;
Roll to Fc; Thru Fc Cl to CP; Box;;
Waltz Away; Trn In to LOP; Bk Waltz; Bk Twinkle 2x;;
Bk Vine 3; Twirl Vine 3; Thru Fc Cl;

Part B Lace Up to PU;;;;
2 L Trns;; Twisty Vine 6;;
Roll to Fc; Thru Fc Cl; Twirl Vine 3; Manuv;
2 R Trns;; Twirl Vine 3; Thru Fc Cl to CP;

Amod L trng box ½;; Bal Fwd & Bk;;
L trng box ½ to BFLY;; Bal L&R;;
Waltz Away; Trn In to LOP; Bk Waltz; Bk Twinkle 2x;;
Bk Vine 3; Twirl Vine 3; Thru Fc Cl;

B(1-12) Lace Up to PU;;;;
2 L Trns;; Twisty Vine 6;;
Roll to Fc; Thru Fc Cl; Twirl Vine 3; Manuv;

End 3 R Trns Fc COH;;; Lunge Sd & Hold