ALL BY MYSELF

Music: Ray Conniff
www.amazon.com/Happiness Is/
Track # 11  Time 2:02
Available from choreographer

Rhythm: Foxtrot  Phase: IV+ (Check & Weave)
Footwork: Opposite except where (Noted)
Release Date: July 2015
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Sequence: INTRO  A x 3 END

INTRO

01-04 CP DLC LEAD FOOT FREE WAIT  ONE MEASURE : REVERSE WAVE 3 to CHECK & WEAVE ; ; ;
[Wait] CP DLC ld ft free wt 1 meas ; [Reverse Wave 3 to Check & Weave] Fwd L comm LF trn, -, sd R trng LF (W heel trn), bk L twd DLW to CP DRC ; Check bk R, -, rec L, sd R trng 1/8 LF ; [QQQQ] Bk L w/ R shldr ld to BJO trng 1/8 LF, bk R to CP contg to trn LF, sd & fwd L contg trn, fwd R to BJO DLW ;

PART A

01-04 OP REVERSE TURN : OUTSIDE CHECK : QUICK DOUBLE OUTSIDE SWIVEL : WEAVE ENDING :
[OP Reverse Turn] Fwd L stg LF trn, -, sd R contg trn, bk L compg 3/8 LF trn (W bk R stg LF trn, -,sd L cont trn, fwd R outsd ptr) to BJO RLOD ; [Outsd Check] Bk R with checking action, -, sd L DW with left shoulder lead, fwd R in BJO DRW with checking action ; [Qk Double Outsd Swivel] [S,-,S,-] Bk L Xg Rif w/ no wgt, -, fwd R (W fwd R & swvl ½ RF to SCP DRC, -, fwd L & swvl LF ½) to BJO DRC, -; [Weave Ending] [QQQQ] Bk L, trng LF & blendng to CP bk R, sd & fwd L, fwd R to BJO DLW ;

05-08 HOVER TELE : PROMENADE WEAVE : ; DRAG HESITATION :
[Hover Tele] Fwd L, -, fwd & sd R rising & trng 1/8 RF, sd & fwd L to SCP LOD ; [Promenade Weave] Fwd R, -, fwd L stg LF trn, contg trn sd & bk R (W fwd L in pick up action, -, sd & bk R trng LF to CP, cont trng on R then fwd & sd l) to BJO LOD ; [QQQQ] Bk L, bk R twd DLC trng LF CF to CP, & sd & fwd L twd DLW, fwd R (W Fwd R outside ptr, fwd L trng LF to CP, sd & bk R contg LF trn to fc COH, bk L) to BJO DLW ; [Drag Hesitation] [S,S,-] Fwd L, -, stg LF trn sd R, contg LF trn draw L to BJO DRC ;

09-12 OP IMPETUS : IN & OUT RUNS : ; THRU VINE 4 ;
[Op Impetus] Bk L comm RF trn, -, cl R heel trn, fwd L (W fwd R btw M’s ft heel to toe pvt ½ RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R) to SCP LOD ; [In & Out Runs] Trng RF fwd r, -, sd & bk L, bk R (W fwd L, -, fwd R between M’s ft, fwd L) to BJO RLOD ; Trng RF bk L, -, contg trn fwd R between W’s ft, sd & fwd L (W trng RF fwd R, -, cont trn sd l in ft of M, cont trn fwd & sd r) to SCP DLC ; [Thru Vine 4] [QQQQ] XRif (W XLif), sd L fcg ptr, XRib (W XLib), sd L to SCP LOD ;

13-16 CHAIR & SLIP : REVERSE WAVE 3 to CHECK & WEAVE ; ; ;
[Chair & Slip] Ck thru R, - , rec L, trng LF bk R (W ck thru L, -, rec R, swvlg LF on R fwd L) to CP DLC ; [Reverse Wave 3 to Check & Weave] Repeat meas 2,3 & 4 Intro ; ; ;

ENDING

01-06 HOVER TELE ; CHAIR & SLIP ; REVERSE WAVE 3 to CHECK & WEAVE ; ; ; DIP BACK & HOLD :
[Hover Tele] Repeat meas 5 Part A ; [Chair & Slip] Repeat meas 13 Part A ; [Reverse Wave 3 to Check & Weave] Repeat meas 2,3 & 4 Intro ; ; ; [Dip Bk & Hold] [S]Bk L w/ flexed knee, -, -, -;