

WENN DIE EINSAMKEIT BEGINNT

(When The Loneliness Begins)

Music: Chantal
Cd: Herzgefühl
<https://www.amazon.de/Herzgef%C3%BChl-Chantal/dp/B00005K35L>
Track # 6 Time 3:40 Available from choreographer

Rhythm: Rumba Phase: V

Footwork: Opposite except where (Noted)

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Sequence: INTRO AB AB C B B(13-15) END



INTRO

01-04 CUDDLE POS WALL LEAD FOOT FREE WAIT TWO MEASURES ; ; CUDDLE TWICE ; ;

{Wait} Cuddle Pos Wall Id ft free wt 2 meas ; ; **{Cuddle x 2}** Sd L, rec R, cl L placg lft hnd on W's rt shldr blade (W trng ½ RF bk R with rt arm out to sd, rec L, fwd R trng ½ LF plcg rt hnd on M's lft shldr), -; Sd R, rec L, cl R placg rt hnd on W's lft shldr blade (W trng ½ LF bk L w/ lft arm out to sd, rec R, fwd L trng ½ RF plcg lft hnd on M's rt shldr), -;

05-08 CUDDLE/W SPIRAL & SEND W to FAN ; ; HOCKEY STICK ; ;

{Cuddle/W Spiral to a Fan} Repeat meas 2 Intro (W trng ½ RF bk R w/ rt sd stretch free arm out to sd, rec L to LOD, fwd R w/ spiral LF under jnd ld hnds), -; Thru R, cl L, sd R (W fwd L, fwd R trng ½ LF fc RLOD, bk L), -; **{Hockey Stick}** Fwd L, rec R, cl L (W cl R, fwd L, fwd R), -; Sm bk R, rec L, long fwd R (W fwd L, fwd R trng sharply 5/8 LF undr jnd ld hnds, bk L) to LOP-FCG DRW, -;

PART A

01-04 OP HIP TWIST to FACING FAN LOD ; ; OP HIP TWIST to FACING FAN COH ; ;

{Op Hip Twist to Fcg Fan LOD} Fwd L, rec R, cl L lead W to swiv ¼ RF (W bk R, rec L, fwd R trn ¼ RF), -; Bk R, rec L trng LF to ptr, cl R (W fwd L, fwd R trng ½ LF, bk L leavg R extended fwd w/ no weight) end FAN Pos M fcg LOD, -; **{Op Hip Twist to Fcg Fan COH}** Repeat meas 1 & 2 Part A to FAN Pos M fcg COH, -;

05-08 CROSS BODY/W SPIRAL & rt Hndshk ; ; TRADE PLACES TWICE & rt Hndshk ; ;

{Cross Body/W Spiral} Fwd L, rec R, raisg jnd ld hnds sd & bk L trng ¼ LF (W bk R, rec L, fwd R spirlg 7/8 LF under jnd ld hnds) to "L" CP M fcg RLOD W fcg WALL, -; Bk R contg LF trn, rec L comp LF trn to CP WALL, sd R (W comm trng LF fwd L, fwd & sd R cont trng LF to fc ptr, sd L) to rt Hndshk WALL, -; **{Trade Places x 2}** [rt hndshk] Rk apt L, rec R trng ¼ RF to fc RLOD beh W then rel jnd rt hnds, cont to trn RF to fc ptr & COH steppg sd & bk L (W rk apt R, rec L trng ¼ LF to fc RLOD ifo M then rel jnd rt hnds, cont LF trn to fc ptr & WALL steppg sd & bk R) [jng lft hnds], -; With lft hnds jnd rk apt R, rec L trng ¼ LF to fc RLOD beh W then rel jnd lft hnds, cont to trn LF to fc ptr & WALL steppg sd & bk R (W rk apt L, rec R trng ¼ RF to fc RLOD ifo M then rel jnd lft hnds, cont RF trn to fc ptr & COH steppg sd & bk L) [jng rt hnds], -;

09-12 HALF MOON TWICE ; ; ;

{Half Moon x 2} [rt Hndshk WALL] Swvl on R cross L thru to RLOD (W cross R thru), rec R to fc, sd L, -; Bk R leadg W across body, rec L trng LF to fc COH, sd R (W fwd R comm LF trn, fwd L cont LF trn to fc ptr, sd R) to rt Hndshk COH, -; Repeat meas 9,10 to BFLY WALL ; ;

13-16 BACK BREAK to ½ OP LOD ; OP IN & OUT RUNS ; ; FENCE LINE WITH ARMSWEEP & rt Hndshk ;

{Bk Break to ½ OP LOD} XLib trng to ½ OP LOD, rec R, fwd L twd ½ OP LOD, -; **{OP In & Out Runs}** Fwd R begin RF trn, sd & fwd L Xg ifo W cont trn, sd & fwd R to ½ LOP LOD [w/ free arms out to sd] (W fwd L, R, L), -; Fwd L, R, L (W fwd R begin RF trn, sd & fwd L Xg ifo M cont trn, fwd & sd R) to ½ OP DLC [w/ ld arms extended to sd], -; **{Fence Line w/ Armsweep}** XRif (W XLif) w/ bent knee trl arm circle CCW (W CW) ifo body, rec L, sd R to CP WALL, -;

PART B

01-04 CLOSED HIP TWIST OVERTURNED to SHADOW ; ; SWEETHEART TWICE ; ;

{Closed Hip Twist to Overtrnd Fan to Shadow} [w/ slight RF bdy trn givg W a slight L sd ld to open her out ck] Sd & fwd L, rec R w/ slight rt sd ld to ld W to close, cl L w/ slight lft sd ld to trn W, - (W [QQQQ] swvlg RF up to ½ bk R, rec L swvlg LF up to ½, sd R, & swvl ¼ RF) ; Bk R, rec L, sd R (W sm fwd L twd LOD, trng LF sd R, compg ¾ LF trn sd L) to Shadow WALL w/ no hnds jnd, - ; **{Sweetheart x 2}** Chk Fwd L w/ LF bdy trn & look at ptr xtndg both arms to sd , rec R, sd L (W chk bk R w/ RF bdy trn & look at ptr xtndg both arms to sd , rec L , sd R), - ; Chk Fwd R w/ RF bdy trn & look at ptr , rec L, sd R (W chk bk L w/ LF bdy trn & look at ptr, rec R, sd L), - ;

05-08 SWEETHEART / W SWIVEL to LOD ; AIDA ; ROCK 3 & SWIVEL to FACE ; SPOT TURN ;

{Sweetheart /W Swiv to LOD} Chk Fwd L w/ LF bdy trn & look at ptr xtndg both arms to sd, rec R , cl L (W chk bk R w/ RF bdy trn & look at ptr xtndg both arms to sd , rec L, fwd R trng ¾ RF to fcg LOD), - ; **{Aida}** Thru R, sd L trng RF, bk R cont RF trn (W fwd L, fwd R trng LF, bk L cont LF trn) to V-bk-to-bk Pos RLOD, - ; **{Rock 3 & Swiv to Fc}** [QQQQ] Rk fwd L, rec R, fwd L, swiv LF (W RF) pnt to fcg ptr & WALL ; **{Spot Trn}** [Relg both hnds] XRif (W XLif) trng LF, rec L compg full trn, sd R to BFLY WALL, - ;

09-12 OP HIP TWIST INTO a FAN ; ; START STOP & GO INTO CROSS BODY ; ;

{OP Hip Twist Into a FAN} Fwd L, rec R, cl L (W bk R, rec L, fwd R with tention to ld arm to swiv W ¼ RF) end L-Shape M fc WALL W fc RLOD, - ; XRib, cl L sd R (W fwd L, trng LF sd R, cont LF trn bk L to fan pos), - ; **{Start Stop & Go Into Cross Body}** Chk fwd L, rec R raisg lft arm to lead W to a LF underarm trn, sd L fcg wall bringing ld arm down sharply and placg rt hnd on W's bk to an "L" pos (W cl R, fwd L, fwd R, trng sharply ½ LF under jnd hands to fc LOD), - ; Bk R comm LF trn to CP, rec L comp LF trn to CP COH, sd R (W small fwd L comm LF trn, fwd & sd R to CP cont LF trn to fc ptr, sd L) to CP COH, - ;

13-16 ALEMANA INTO LARIAT/ M SWIVEL to FACE ; ; ; TO RLOD SIDE WALK 3 ;

{Alemana Into a Lariat 3/ M Swivel to Fc} Fwd L, rec R, cl L (W bk R, rec L, fwd & sd R to lft sd of M), - ; Bk R, rec L, sd R (W fwd XLif trn RF, fwd R cont trn, sd L to rt sd M), - ; Rk sd L, rec R, sd L trng ½ LF on last stp to fcg W and COH (W circ CW arnd M passing rt shldr stepping fwd R, L, w/ jnd ld hnds passing ovr M's hd to fc LOD then swvl ¼ RF on R to fc M) to BFLY WALL, - ; **{To RLOD Sd Walk 3}** Sd R, cl L, sd R, - ;

PART C

01-04 OP BREAK INTO FULL NATURAL TOP ; ; ; ;

{OP Break Into a Full Natural Top} Rk apt L xtndg rt arm up w/ palm out, rec R lowerg rt arm trng ¼ RF, sd L (W rk apt R xtndg lft arm up w/ palm out, rec L lowerg lft arm, trng ¼ RF fwd R) to RLOD, - ; Cont RF trn XRib, compg ¾ RF trn sd L, XRib (W sd L, XRif btw M's ft, sd L) to CP WALL, - ; Cont RF trn sd L, XRib, cont RF trn sd L (W XRif, cont RF trn sd L, XRif), - ; XLib, cont RF trn sd R, cls L (W cont RF trn sd L, XRif, cl L) end to CP WALL, - ;

05-08 SCALLOP ; ; ALEMANA to CP ; ;

{Scallop} Trng sharply to SCP LOD XLib (W XRib), rec R trng sharply to CP, sd L, - ; Thru R trng sharply to SCP LOD, sd L trng sharply to CP, cl R, - ; **{Alemana to CP}** Fwd L, rec R, cl L (W bk R, fwd L, fwd R swiv to lft sd of M), - ; [Raisg jnd ld hnds] Sm sd & bk R, rec L, fwd & sd R (W trng RF undr jnd hnds fwd L, fwd R, fwd & sd L to fc ptr) to CP WALL, - ;

ENDING

01 TO RLOD AIDA & HOLD ;

{To Rlod Aida} Thru R, sd L trng RF, bk R cont RF trn to V-bk-to-bk pos LOD, extendg trl hnds up & out ;