

ALASKA FLAG SONG

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June 2014

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Music: "Alaska Flag Song" Artist: Adele Morgan
Recording: Album: "This One Life" Track 11
Footwork: Opposite except where otherwise noted
Rhythm/Level: Bolero Phase IV Difficulty: Average
Speed: Adjust for comfort 110% to 115% Duration: 2:00 as recorded
Sequence: Intro A B

INTRO

1-4 BFLY WALL – WAIT 1 MEAS; SWAY L & R; UNDRM TRN; REV UNDRM TRN [CP];

- 1 BFLY WALL – Wait 1 measure ;
- 2 Sway L, -, sway R, - ;
- 3 Sd L rising & trng slight RF, -, lowering XRib, fwd L (W sd R rising stg RF trn undr jnd ld hnds, -, XLif contg 1/2 RF trn, fwd R compg RF trn to fc ptr) to BFLY WALL ;
- 4 Sd R rising & trng slight RF, -, lowering XLif, bk R (W sd L rising stg LF trn undr jnd ld hnds, -, XRif cont trn 1/2 LF, fwd L compg LF trn to fc ptr) to BFLY WALL ;

PART A

1-4 BASIC;; NY; SPOT TRN TO OPEN LOD;

- 1 Sd L rising, -, bk R w/ slpg action, fwd L to CP WALL ;
- 2 Sd R rising, -, fwd L w/ slpg action, bk R to CP WALL ;
- 3 Sd L rising, -, lowering trn LF to OP LOD fwd R, bk L trng RF to BFLY WALL ;
- 4 Sd R rising, -, lowering XLif trng 1/2 RF, rec R trng 1/4 RF to OP LOD ;

5-8 BOLERO WALK 6 – TO FC;; NY; SHOULDER TO SHOULDER [CP];

- 5 Fwd L rising, -, lowering fwd R, fwd L ;
- 6 Fwd R rising, -, lowering fwd L, fwd R trng RF to BFLY WALL ;
- 7 Sd L rising, -, lowering trn LF fwd R to OP LOD, bk L trng RF blndg to BFLY WALL ;
- 8 Sd R rising, -, lowering XLif to BFLY SCAR, bk R to BFLY WALL ;

9-12 CROSS BODY; OPEN BREAK; RIGHT PASS; LUNGE BREAK;

- 9 Sd & bk L trng LF to fc LOD rising, -, bk R w/ slpg action, fwd L trng LF to CP COH ;
- 10 Sd R rising & extend trlg hnds out to sd, -, lowering bk L, rec fwd R to L-OP-FCG COH ;
- 11 Fwd & sd L slight trn RF to "L" pos fcg LOD raise ld hnds to create window look at lady, -, loose XRib slight trn RF, slight trn RF rec L to fc WALL (W fwd R look at man thru window, -, fwd L stg LF trn, fwd R trng LF undr jnd ld hnds fc ptr) to L-OP-FCG WALL ;
- 12 Sd & fwd R rising & extend trlg hnds out to sd, -, lowering on R w/ slight RF bdy trn lead W bk extend L to sd & bk, rise on R w/ slight LF bdy trn (W sd & bk L rising, -, bk R w/ contra ck action, fwd L) to BFLY WALL ;

13-16 PREPARE AIDA; AIDA LINE & HIP RK 2; SWITCH CROSS; FENCE LINE;

- 13 Sd L rising trng LF stg arm sweep to slight open "V" pos LOD, -, thru R contg arm sweep & contg LF trn to slight bk-bk "V" pos LOD, release trlg hnds & jn ld hnds while trng RF fwd & sd L to L-OP RLOD ;
- 14 Cont trng RF bk R to aida line RLOD, -, in plc rk fwd L, in plc rk bk R ;
- 15 Bk thru L rising trng LF to BFLY, -, lowering sd R, thru L to BFLY WALL ;
- 16 Sd R rising, -, cross lunge L thru w/ bent knee, rec R to BFLY WALL ;

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PART B

1-4 UNDRM TRN; LARIAT;; FENCE LINE;

- 1 Sd L rising & trng slight RF, -, lowering XRib, fwd L (W sd R rising stg RF trn undr jnd ld hnds, -, XLif contg 1/2 RF trn, fwd R compg RF trn to fc DRC) ;
- 2 Sip R, -, sip L, sip R (W fwd CW around ptr L, -, R, L) ;
- 3 Sip L, -, sip R, sip L (W contg fwd CW around ptr R, -, L, R to fc ptr) to BFLY WALL ;
- 4 Repeat Measure 16 of Part A ;

5-8 HIP RK 2 [CP]; DIP BK & LEG CRAWL, REC; TRNG BASIC;;

- 5 In plc rk sd L, -, in plc rk sd R, - blndg to CP ;
- 6 Dip bk L leaving R leg extended, -, -, rec R (W fwd R w/ slight LF rotation, slowly raise L knee up outsd M's R leg w/ toe pointed to floor, -, rec L) to CP WALL ;
- 7 Sd & fwd L rising, -, bk R trng 1/4 LF w/slip pvt action to CP, sd & fwd L trng 1/4 LF to CP COH ;
- 8 Sd R rising, -, fwd L w/ slpg action, bk R to CP COH ;

9-12 CROSS BODY; FWD BREAK; HIP RK 2; PREPARE AIDA;

- 9 Sd & bk L trng LF to fc RLOD rising, -, bk R w/ slpg action, fwd L trng LF to BFLY WALL ;
- 10 Sd R rising & extend trlg hnds out to sd, -, lowering fwd L, rec bk R to L-OP-FCG WALL ;
- 11 In plc rk sd L, -, in plc rk sd R, - to BFLY WALL ;
- 12 Repeat Measure 13 of Part A ;

13 AIDA LINE & DEVELOP ARMS;

- 13 Cont trng RF bk R to aida line RLOD, slowly sweep hnds in an arc downward then out to sd & up to shoulder level, -, - ;



Alaska's Flag

*Eight stars of gold on a field of blue —
Alaska's flag. May it mean to you
The blue of the sea, the evening sky,
The mountain lakes, and the flow'rs nearby;
The gold of the early sourdough's dreams,
The precious gold of the hills and streams;
The brilliant stars in the northern sky,
The "Bear," the "Dipper," and, shining high,
The great North Star with its steady light,
O'er land and sea a beacon bright.
Alaska's flag — to Alaskans dear,
The simple flag of a last frontier.*

* * * * *

“Alaska’s Flag” (aka “Alaska Flag Song”) was created through the efforts of three individuals – Benny Benson, Marie Drake, and Elinor Dusenbury – in an interesting series of events . . .

Alaska's official flag is based on the winning design by Benny Benson submitted in a Territory-wide contest for schoolchildren sponsored by the American Legion in 1926. Benny was a 13-year-old 7th-grader studying at the Territorial School at Seward and a resident of the Jesse Lee Mission Home. On his design submission, Benny explained “The blue field is for the Alaska sky and the forget-me-not, an Alaska flower. The North Star is for the future state of Alaska, the most northerly in the Union. The dipper is for the Great Bear — symbolizing strength.” The Alaska Territorial Legislature officially adopted his design on May 2, 1927.

Alaska Department of Education employee Marie Drake built upon Benny Benson's explanation of his design in a beautiful poem she wrote in 1935.

Elinor Dusenbury lived in Haines, Alaska, from 1933 to 1936, and she had fallen deeply in love with the state, but after her family moved away, she wrote the music for Marie Drake's poem during her homesickness for Alaska. The song was published, and Omaha radio station WOW sent the music to Fred Waring, whose Glee Club performed the song on the Chesterfield Hour, and it steadily grew in popularity over the next two decades. In 1955 the Territorial Legislature adopted the song and it became the official State song when the Territory of Alaska entered the union as the 49th state in 1959.

[Information based on webpages
<http://fairbanks-alaska.com/benny-benson.htm> and <http://www.alaskamusic.net/flag.html>]

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QUICKCUES

Rhythm/Level: Bolero Phase IV Difficulty: Average
Speed: Adjust for comfort 110% to 115% Duration: 2:00 as recorded

Intro

1-4 BFLY WALL – WAIT 1 MEAS; SWAY L & R; UNDRM TRN; REV UNDRM TRN [CP];

Part A

1-4 BASIC;; NY; SPOT TRN TO OPEN LOD;

5-8 BOLERO WALK 6;; NY; SHOULDER TO SHOULDER [CP];

9-12 CROSS BODY; OPEN BREAK; RIGHT PASS; LUNGE BREAK;

13-16 PREPARE AIDA; AIDA LINE & HIP RK 2; SWITCH CROSS; FENCE LINE;

Part B

1-4 UNDRM TRN; LARIAT;; FENCE LINE;

5-8 HIP RK 2 [CP]; DIP BK & LEG CRAWL, REC; TRNG BASIC;;

9-12 CROSS BODY; FWD BREAK; HIP RK 2; PREPARE AIDA;

13 AIDA LINE & DEVELOP ARMS;