

# Alberta Bound

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Rhythm & Phase: QS/TS/FT--Phase III+1 (Qtr trn prog chasses)+1 unph (chasse weave) Difficulty: Difficult  
Music: Alberta Bound, (3:05), by Gordon Lightfoot, Album "Don Quixote," Amazon MP3 download  
Speed: Slow 15 to 25% as needed  
Footwork: Opposite, Unless noted (*W's footwork in parenthesis*)  
Sequence: Intro-AA-BB-CC-DD-EE-CC\*-AA-BB-CC Interlude-E-End Released: September 2019  
Note: \*For a shorter dance, consider ending it at the end of the second section of CC.

## Introduction

### **1-8 Wait ; Wait ; Sd Draw L ; Sd Draw R ; Broken Box ; ; ; ;**

1-2 Start CP facing LOD, Wait 2 meas ; ;  
3-4 **{Side draw L ; Side draw R}** Step side L, -, draw Right foot to L, -; Step side R, -, draw L foot to R, -;  
5-8 **{Broken box}** Side L, close R, forward L, -; rock forward R, -, recover L, -;  
side R, close L, back R, -; rock back L, -, recover R, -;

## Part A

### **1-8 (CP LOD) Qtr Trn Prog Chasse & Fwd ; ; ; ; Fwd Lk Fwd ; Manuv Sd Cl ; Pvt 2 ; Wlk 2 ;**

1-4 **{Qtr trn prog chasse & fwd}** Fwd L, -, fwd R trng RF, -; Sd L trng 1/8 RF, cont trng 1/8 RF cl R,  
sd & bk L to fc DRW, -; Bk R starting LF trn, -, sd L trng LF, cl R;  
Sd & fwd L, -, with slight LF trn fwd R to BJO DLW, -;  
5-5 **{Fwd lk fwd}** Fwd L, cross R in back of L taking weight, step fwd L again, -;  
6-6 **{Maneuver Side Close}** Fwd R starting RF trn, -, sd L, cl R to CP RLOD;  
7-7 **{Pivot 2}** Bk L pivot RF, -, fwd R to CP LOD, -;  
8-8 **{Walk 2}** Fwd L, -, fwd R LOD, -;

### **Repeat A**

## Part B

### **1-8 (CP LOD) 2 Left Turns ; ; Wlk to Bjo Ck ; Fshtl ; Fwd & Manuv ; Sd Cl Spin Turn ; ; Back 1/2 Box ;**

1-2 **{2 L Turns}** Fwd L commence LF upper body turn, -, continue to turn side and back R, close L;  
Back R commence LF upper body turn, -, continue to turn side and fwd L, complete turn close R LOD ;  
3-3 **{Wlk to BJO Check}** Fwd L, -, fwd R to BJO and check -;  
4-4 **{Fishtail}** In BJO XLib, sm sd R, fwd L, XRib ;  
5-5 **{Forward & Maneuver}** Fwd L, -, fwd R trng RF to face RLOD -;  
6-7 **{Side Close Spin Turn}** Sd L, cl R, starting RF trn bk L pivtg 1/2 RF, -; Fwd R to fc LOD, - bk L -;  
(*W Sd R, cl L, fwd R heel to toe pivtg 1/2, -; Bk L cont trn & brush R to L, -, fwd R*) -;  
8-8 **{Back 1/2 Box}** Back R, -, side L, close R ;

### **Repeat B**

## Part C

### **1-8 (CP LOD) Chasse Weave ; ; ; ; Fwd TS ; Fwd Pivot 2 ; Bk TS ; Pvt 2 ;**

1-4 **{Chasse Weave}** Fwd L trng LF, -, sd R fc COH/ cl L ; Sd R trng LF, -, bk L to contra BJO RLOD, -;  
With left shldr lead, Bk R blending to CP trng LF toward WALL -, sd L/cl R ; Sd L trng LF, -, fwd R to CP LOD, -;  
5-5 **{Fwd Two Step}** Fwd L, close R, fwd L, -;  
6-6 **{Fwd Pivot 2}** Fwd R pivot RF, -, back L to CP RLOD, -;  
7-7 **{Back Two Step}** Back R, close L, back R, -;  
8-8 **{Pivot 2}** Back L pivot RF, -, fwd R, -;

**Repeat C*****Part D***

- 1-8 (CP WALL) Strolling Vine ; ; ; ; Two Turning TS ; ; Open Vine 4 come to CP WALL ; ;**  
 1-4 {**Strolling Vine**} Sd & bk L, -, XRib, -; Sd L, cl R, sd & fwd L trng ½ LF to CP COH, -;  
 Sd & bk R, -, XLib, -; Sd R, cl L, sd & fwd R trng ½ RF to CP WALL, -;  
 5-6 {**Two turning TS**} Sd L, cl R commence RF turn, sd and back L across Line of progression  
 complete 1/2 RF turn, -; Sd R, cl L comm RF turn, fwd R complete 1/2 RF turn, -;  
 7-8 {**Open Vine 4**} Side L, -, cross R in back, -; Side L, -, cross R in front, -;  
 (*W Side R, -, cross L in back, -; Side R, -, cross L in front, -;*)

**9-16 Repeat Part D but end in BFLY WALL*****Part E***

- 1-8 (BFLY WALL) Sd Draw ; Bhnd Sd Thru ; Sd Draw ; Bhnd Sd Thru ; 2 Trng TS ; ; Op Vine 4 ; ;**  
 1-2 {**Side draw**} Step side L, -, draw R toe towards heel of left foot,-;  
 {**Behind side thru**} Cross R behind left, side L, cross R in front of left, -;  
 3-4 Repeat measures 1-2  
 5-6 {**Two turning TS**} Sd L, cl R commence RF turn, sd and back L across Line of progression  
 complete 1/2 RF turn, -; Sd R, cl L comm RF turn, fwd R complete 1/2 RF turn, -;  
 7-8 {**Open Vine 4**} Side L, -, cross R in back, -; Side L, -, cross R in front, -;  
 (*W Side R, -, cross L in back, -; Side R, -, cross L in front, -;*)

**Repeat E, but end with a pickup to CP facing LOD****Repeat C Twice. \*For a shorter dance, consider ending the music at the end of this section.****Repeat A Twice****Repeat B Twice****Repeat C Twice*****Interlude***

- 1-4 (CP LOD) Qtr Trn Prog Chasse & Fwd to end BFLY WALL ; ; ; ;**  
 1-4 {**Qtr trn prog chasse & fwd**} Fwd L, -, fwd R trng RF, -; Sd L trng 1/8 RF, cont trng 1/8 RF cl R,  
 sd & bk L to fc DRW, -; Bk R starting LF trn, -, sd L trng LF, cl R;  
 Sd & fwd L, -, with slight LF trn fwd R to BJO DLW,-;

**Repeat E Once*****Ending***

- 1-6 Sd Draw; Bhnd Sd Thru; Sd Draw; Bhnd Sd Thru; Sd Draw Close; Apt & Point;**  
 1-2 {**Side draw**} Step side L, -, draw R toe towards heel of left foot,-;  
 {**Behind side thru**} Cross R behind left, side L, cross R in front of left, -;  
 3-4 Repeat measures 1-2  
 5-6 {**Side draw close; Apart & point**} Side L, -. Draw R to left and close, -; Step back L, -, point with R, -;

**QUICK CUES**INTRO - 8**START LOD IN CP****WAIT ; ; SD DRAW L ; SD DRAW R ; BROKEN BOX ; ; ; ;**AA - 16 (0:10) Oh the prairie lights are burning bright, the Chinook wind is a moving in...**QTR TRN, PROG CHASSE ; ; ; ; FWD LK FWD ; MANUV SD CLS ; PVT 2 ; WLK 2 ;****QTR TRN, PROG CHASSE ; ; ; ; FWD LK FWD ; MANUV SD CLS ; PVT 2 ; WLK 2 ;**BB - 16 (0:28) No one I met could ever forget that Rocky Mountain sunset...**2 L TRNS LOD ; ; WLK TO BJO ; FSHTL ; WLK MANUV SD CLS (6) SPIN TRN (6) ; ; ; BK HALF BOX ;****2 L TRNS LOD ; ; WLK TO BJO ; FSHTL ; WLK MANUV SD CLS (6) SPIN TRN (6) ; ; ; BK HALF BOX ;**CC - 16 (0:47) Alberta bound, Alberta bound, it's good to be, Alberta bound...**CHASSE WEAVE ; ; ; ; FWD TS ; FWD PVT 2 ; BK TS ; PVT 2 ;****CHASSE WEAVE ; ; ; ; FWD TS ; FWD PVT 2 ; BK TS ; PVT 2 WALL ;**DD - 16 (1:06) Instrumental**STROLLING VINE ; ; ; ; TWO TURNING TS ; ; OPEN VINE 4 ; COME TO CP ;****STROLLING VINE ; ; ; ; TWO TURNING TS ; ; OPEN VINE 4 ; BFLY WALL ;**EE - 16 (1:25)**SD DRAW ; BHND SD THRU ; SD DRAW ; BHND SD THRU ; 2 TRNG TS ; BFLY ; OP VINE 4 ; ;****SD DRAW ; BHND SD THRU ; SD DRAW ; BHND SD THRU ; 2 TRNG TS ; BFLY ; OP VINE 4 ; PU TO LOD ;**CC - 16 (1:43) Alberta bound, Alberta bound...**CHASSE WEAVE ; ; ; ; FWD TS ; FWD PVT 2 ; BK TS ; PVT 2 ;****CHASSE WEAVE ; ; ; ; FWD TS ; FWD PVT 2 ; BK TS ; PVT 2 ;**AA - 16 (2:01) Oh the Skyline of Toronto, is something you'll get onto...**QTR TRN, PROG CHASSE ; ; ; ; FWD LK FWD ; MANUV SD CLS ; PVT 2 ; WLK 2 ;****QTR TRN, PROG CHASSE ; ; ; ; FWD LK FWD ; MANUV SD CLS ; PVT 2 ; WLK 2 ;**BB - 16 (2:20) But it's snowing in the city and the streets are brown and gritty...**2 L TRNS LOD ; ; WLK TO BJO ; FSHTL ; WLK MANUV SD CLS (6) SPIN TRN (6) ; ; ; BK HALF BOX ;****2 L TRNS LOD ; ; WLK TO BJO ; FSHTL ; WLK MANUV SD CLS (6) SPIN TRN (6) ; ; ; BK HALF BOX ;**CC - 16 (2:39) Alberta bound, Alberta bound, it's good to be, Alberta bound...**CHASSE WEAVE ; ; ; ; FWD TS ; FWD PVT 2 ; BK TS ; PVT 2 ;****CHASSE WEAVE ; ; ; ; FWD TS ; FWD PVT 2 ; BK TS ; PVT 2**Interlude - 4**QTR TRN, PROG CHASSE ; ; ; ; (end BFLY WALL)**E - 8 (1:25)**SD DRAW ; BHND SD THRU ; SD DRAW ; BHND SD THRU ; 2 TRNG TS ; BFLY ; OP VINE 4 ; ;**END - 12**SD DRAW ; BHND SD THRU ; SD DRAW ; BHND SD THRU ; SD DRW CL ; APT & POINT ;**