

ALL BY MYSELF

Music: Ray Conniff
[www.amazon.com/Happiness Is/](http://www.amazon.com/Happiness-Is/)
Track # 11 Time 2:02
Available from choreographer

Rhythm: Foxtrot Phase: IV+1 (*Check & Weave*)

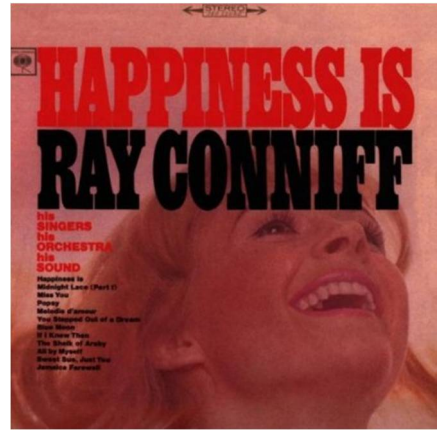
Footwork: Opposite except where (Noted)

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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 ; {Ok Double Outsd Swivel} [S,-,S,-] Bk L Xg Rif w/ no wgt, -, fwd R (*W fwd R & swvl 1/2 RF to SCP DRC, -, fwd L & swvl LF 1/2*) to BJO DRC, - ; {Weave Ending} [QQQQ] Bk L, trng LF & blendg 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 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 1/2 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 frt 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, swvl 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, -, -, - ;