



All By Myself

Choreographers: Marcel Van Acker	Release date: May 2011
CD «Happiness Is Ray Conniff » #11 http://www.amazon.com/Happiness-Is/dp/B001D78KTC/ref=tmm_other_meta_bin_ding_title_0	Rhythm & Phase: Fox V
	Music: All By Myself by Ray Conniff
	Time & Speed: 2:02 Speed as on CD
	Footwork: Opposite except where indicated (W's footwork in parentheses)
E-mail: marcel.icbd@gmail.com	Sequence: Intro A B B(1-15) End

INTRODUCTION

1	Contra Chk Rec Scp ;	In Cp Drw Flexing R knee step fwd L with R shldr lead look at woman (<i>Flexing L knee bk R with R sd fwd and looking well to L</i>), rec R, Fwd L blending SCP ;
2	Feather ;	Thru R, -, slight trn Lf fwd L, fwd R CBJO DLC (thru L trn Lf, -, sd & bk R, bk L CBJO) ;
3	Rev Trn 3 ;	Fwd L trn Lf, -, fwd & sd R trn Lf (<i>heel trn</i>), bk L bkg LOD ;
4	Qk Weave Ending Scp ;	bk R trn Lf to cp, sd & fwd L DLW to bjo, fwd R in bjo DLW (<i>W bk L blending SCP</i>), fwd L (<i>W fwd R</i>) to SCP ;

PART A

1	Chair & Slip ;	Fwd R in SCP soften knee look LOD, -, rec L rising (<i>rec R start trn Lf</i>), strong rise trn Lf bk R sml slip pivot (<i>fwd L</i>) blnd to CP LOD ;
2	3 Step ;	Fwd L, -, fwd R on heel slight R sd lead, fwd L toe heel to cp DLW ;
3	Op Nat ;	Fwd R Trn Rf, -, sd & fwd L trn Rf, sd & bk R (<i>W fwd L</i>) to bjo ;
4	Bk Trng Whisk ;	Bk L trng Rf, -, sd R cont Rf trn, XLIB SCP DLC (<i>Fwd R trng Rf, -, sd & bk L cont trn, XRIB</i>) ;
5	Sync Whisk ;	Thru R, -, turn lft hip twd ptnr cl L to CP DLW/sd R right sd stretch, XLIB SCP DLC ;
6-7	Nat Fallaway Weave ; ;	Trn Rf fwd R, -, sd & fwd L trn Rf slight sway right (<i>sd & fwd body trn Rf</i>), cont Rf trn chng to slight left sway sd & bk R to fallaway bkng DLC ; bk L in fallaway lift hip w/slight Rf trn (<i>bk R trn Lf to bjo</i>), bk R to bjo (<i>fwd L to bjo</i>) slght trn Lf, sd & fwd L pointng DLW slight body trn Lf, fwd R in bjo DLW ;
8	3 Step ;	Meas. A 2 (starting slight Lf turn to LOD)
9	Slow Fwd 2 to Scp (SS) ;	Fwd R start slight Rf trn, -, fwd L in SCP ;
10	Slow Chair & Rec (SS) ;	Fwd R in SCP soften knee look LOD, -, rec L rising (<i>rec R start trn Lf to CP</i>), - ;
11	Qk Feather Finish Overtrnd (QQS) ;	Bk R comm Lf trn, cont trn fwd L (blending bjo DRC), fwd R chng in CBJO DRC, - ; (<i>Fwd L trng Lf, sd & bk R, bk L CBJO, - ;</i>)
12	Weave Ending ;	Bk L in bjo, bk R to cp trn Lf, sd & fwd L DLW to bjo, fwd R in bjo DLW ;
13-14	Rev Trn ; ;	Fwd L trn Lf, -, fwd & sd R trn Lf (<i>heel trn</i>), bk R backing LOD ; bk R trn Lf, -, sd & fwd L DLW, fwd R bjo DLW ;
15	Drag Hes ;	Fwd L, -, comm Lf trn sd R cont trn, drw L to R to BJO DRC (<i>Bk R, -, comm Lf trn sd L cont Lf trn, drw R to L to BJO</i>) ;
16	Op Impetus ;	bk L in bjo, -, trn Rf on L heel cl R, cont body trn Rf sd & fwd L (<i>trn Rf fwd R, -, sd & fwd L trn Rf brush R to L, sd & fwd R</i>) to SCP LOD ;

PART B

1	Chair & Slip ;	Meas. A 1
2	3 Step ;	Meas. A 2
3	Op Nat ;	Meas. A 3
4	Bk Trng Whisk ;	Meas. A 4
5	Sync Whisk ;	Meas. A 5

Part B cont

6-7	Nat Hover Cross ; Overtrnd ;	Fwd R comm Rf trn, - ,fwd & arnd W L (<i>W fwd R</i>), cont Rf trn so that bdy faces DLC but stepping sd R SCAR w/ft pointing almost to DLW ; w/R sd stretch fwd L on toe chkg, rec R w/slight L sd ld comm. slight Lf trn, cont Lf trn sd & fwd L, cont Lf trn w/L sd stretch fwd R on toe to BJO DRC spn 1/8 Lf (<i>w/L sd stretch bk R on toe chkg, rec L comm slight Lf trn, cont Lf trn sd & bk R, cont Lf trn w/R sd stretch bk L on toe to BJO spn 1/8 Lf</i>) ;
8	to Top Spin ;	Bk L in BJO, bk R trng 1/8 Lf, w/L sd stretch sd & slightly fwd L, w/L sd stretch fwd R to BJO DLW (<i>Fwd R, fwd L trng 1/8 Lf, w/R sd stretch sd & slightly bk R, w/R sd stretch bk L to BJO</i>) ;
9-10	Diamond Trn ½ ; Chkg ;	Fwd L, - , trng ¼ Lf sd R, bk L to BJO ; Bk R, - , trng ¼ Lf sd L, fwd R in BJO chkg ;
11	Bk Feather ;	Bk L slght trng body Rf (<i>W open head</i>), - , bk R in bjo, bk L in CBJO bkng LOD ;
12	Bk 3 Step ;	Bk R to cp, - , bk L left sd lead (lady heel lead) slight curve to left, bk R in cp fc RLOD ;
13	Op Impetus ;	Meas. A 16
14-15	Prom Weave ; Chkg ;	Fwd R trng slightly Lf, - , fwd L to CP cont trn, fwd & sd R to BJO RLOD ; Bk L, Bk R trng Lf, sd & fwd L cont Lf trn, fwd R outside ptrn to BJO DLW chkg ;
16	Bk Whisk ;	Bk L, - , bk and sd R, XLib (<i>Fwd right, - , fwd and sd L, XRib</i>) to SCP ;

ENDING

1	Hes Chg to Drw ;	Comm Rf trn bk L, - , cont Rf trn sd R to CP, drw L to R DRW (<i>Comm Rf trn fwd R, - , cont trn sd L to CP, drw R to L</i>) ;
2	Contra Chk Rec Scp ;	Meas. Intro 1
3	Feather ;	Meas. Intro 2
4	Rev Trn 3 ;	Meas. Intro 3
5	Bk & Qk Hinge ; (S &/S)	Bk R trng Lf, - , Sd L lower into L knee shape to ptr and hold (fwd L trng Lf, - , sd R trng Lf/XLIB lower into L knee extend R fwd and hold, -) ;

Head Cues

Intro A B B(1-15) End

Intro (Cp Drw)

Contra Chk Rec Scp ; Feather ; Rev Trn 3 ; Qk Weave Ending Scp ;

A

Chair & Slip ; 3 Step ; Op Nat ; Bk Trng Whisk ;
Sync Whisk ; Nat Fallaway Weave ; ;
3 Step ; Slow Fwd 2 to Scp (SS) ; Slow Chair & Rec (SS) ;
Qk Feather Finish Overtrnd ; Weave Ending ;
Rev Trn ; ; Drag Hes ; Op Impetus ;

B

Chair & Slip ; 3 Step ; Op Nat ; Bk Trng Whisk ;
Sync Whisk ; Nat Hover Cross ; Overtrnd ; to Top Spin ;
Diamond Trn ½ ; Chkg ; Bk Feather ; Bk 3 Step ; Op Impetus ; Prom Weave ; Chkg ; /15
Bk Whisk ;

End

Hes Chg to Drw ; Contra Chk Rec Scp ; Feather ;
Rev Trn 3 ; Bk & Qk Hinge ;