

Alone

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SONG: "Alone" – Heart – Greatest Hits 1985-1995 track 6, download from Amazon, iTunes, & others
RHYTHM: American Bolero PH 4+1 level of difficulty - Difficult
Timing in margin represents actual weight changes. Turning figures continue rotation into the next measure.
SEQUENCE: Intro, A, B, Amod, Interlude, Bmod, End

INTRO

1-4 WAIT LOW RHNDS/WALL LEFT FOOT FREE; OPP FENCE LINE; OPP FWD BREAK; M PNT REV U/A TURN CP;
1 fc W and WALL low RHNDS joined normal spacing and offset;
sd L to LOD, -, xRif, rec bk L (W sd L to RLOD, -, xRif, rec bk L);
3 blend BFLY sd R, rotate LF, fwd L in contra body motion to WALL outside W's leftside, rec R rotate RF (W sd R, rotate LF, fwd L outside M's leftside in contrabody motion to COH, rec R rotate RF);
--QQ(SQQ) 4 rise lead W to step to RLOD point L sd&bk, bring lead hnds thru to RLOD, xLif, rec bk R (W sd L, rotate LF, fwd R trn ½ LF, fwd L to LOD); LOPFCNG/DRW preparing to blend to CP/WALL

A (14 MEAS)

1-4 ½ BASIC; FWD BREAK; CROSS BODY; OPEN BREAK;
1 to LOD sd L, -, bk R to DLC in contra body motion, rec L;
2 sd R, release trailing hold, fwd L to DRW in contra body motion, rec bk R; LOPfcng/WALL
3 rotate LF sd L to DLC, -, bk R cont rotation, rec fwd L (W fwd R, -, fwd L, fwd R trn LF); LOPFC/DLC
4 cont LF rotation fc COH sd R, -, bk L, rec fwd R (W sd L, -, bk R, rec fwd L); LOPFC/COH
5-8 ALTERNATING U/A TRNS;; LUNGE BREAK;
5 to RLOD sd L, rotate RF raise ld hnds, bk R, rec L fc W (W sd R, rotate RF, fwd L ½ RF trn, rec R stating trn to fc M);
6 join trailing hnds sd R, rotate RF, fwd L under rightarm to LOD trn ½, rec fwd R to RLOD rotating RF (W sd L, bk R, rec L);
7 join ldhnds repeat meas 5
S--(SQQ) 8 sd&fwd R, lower on R rotate body slightly RF pnt L sd, -, rising (W sd&bk L, -, bk R in contra body motion, rec fwd L); LOPfcg/COH

9-12 RIGHT PASS; SHOULDER TO SHOULDER; BK SHOULDER TO SHOULDER; NEW YORKER;
9 cl L shaping RF to W, raise lead hnds cont rotation, bring ldhnds through bk R, fwd L (W fwd R DRW, - fwd L, fwd R trn LF under lead hnds); LOPFC/DRW
10 to RLOD sd R, to BFLY/WALL, fwd L outside W's leftside, rec bk R; BFLY/WALL
11 sd L, lead W to step outside fwd outside leftside, bk R, rec fwd L;
12 sd R, release trail hnds rotate RF to LOP/RLOD, fwd L, rec bk R rotate LF;

13-14 UNDERARM TURN; FWD BREAK TO RHNDS;
13 repeat meas 5 to LOD;
14 sd R, join RHNDS, fwd L to DRW in contra body motion, rec bk R (W raise leftarm up); RHNDS/WALL

B (11 MEAS)

1-4 HIP TWIST LINE; HOLD TO CROSS BODY RELEASE; TO CP FWD TRNG BASIC FC COH; POINT & FWD BASIC;
S--- 1 sd L, lowering and shaping to W similar to oversway line over next 5 beats of music, -, - (W fwd R to M's right side but still slightly in front, rotate RF wrapping into Rarm lowering and bringing Larm down across face then down to a wrapped position on top of right over this plus 4 beats of music but keep body facing approx DLW, -, -);
--QQ 2 -, -, bk R rotate LF, forward L to LOD rejoin ld hnds (W -, -, fwd L to LOD, fwd R rotate LF); LOPFCNG/LOD
--QQ 3 LF rotation fwd&sd R, blend to CP/LOD, fwd L in contrabody/cont LF rotation LF, bk R (W sd&bk L, bk R, fwd L); CP/COH
4 rise & point L sd&bk, -, fwd L, rec bk R;

5-8 TURNING BASIC;; SWITCH & RF SPOT PIVOT; R LUNGE W/ ROCKS;
5 slight rotate RF sd&bk L, start LF trn, bk R cont trn, fwd L; CP/DLC
6 cont trn fc COH sd R, -, fwd L in contrabody motion, rec bk R; CP/COH
7 sharp rotate RF sd L toward WALL, lowering cont pivot, fwd R, sd&bk L (W rotate RF fwd R, cont pivot, bk L, fwd R); CP/DLW
8 cont RF trn fc WALL lowering fwd & sd R to DRW, -, rec L, rec R; CP/WALL

9-11 UNDERARM TURN; FWD BASIC; SLOW ROCKS;
9 repeat A meas 13;
SS 10 sd R, blend to CP, fwd L in contrabody motion, rec bk R; CP/WALL
11 sd L, -, sd R, -; CP/WALL

A MOD (14 MEAS)

- 1-4** **½ BASIC; FWD BREAK; CROSS BODY; OPEN BREAK;**
5-8 **ALTERNATING U/A TRNS;; LUNGE BREAK;**
9-12 **RIGHT PASS; SHOULDER TO SHOULDER; BK SHOULDER TO SHOULDER; NEW YORKER;**
13-14 **UNDERARM TURN; FWD BASIC TO CP;**
14 repeat B meas 10

INTERLUDE (4 MEAS)

- 1-4** **POINT & FWD BASIC; NEW YORKER; POINT & NEW YORKER; FWD BREAK TO RHND:**
--QQ 1 repeat B meas 4; CP/WALL-
--QQ 2 sd L, release lead hnds rotate LF to OP/LOD, fwd R, rec bk L rotate RF;
--QQ 3 cont RF rotation to BFLY rise & point R side to RLOD, -, swivel LF to LOD/ fwd R, rec bk L rotate RF;
--QQ 4 repeat A meas 14

B MOD (10 MEAS)

- 1-4** **HIP TWIST LINE; HOLD TO CROSS BODY RELEASE; FWD TRNG BASIC FC COH; POINT & FWD BASIC;**
5-8 **TURNING BASIC;; SWITCH & RF SPOT PIVOT; R LUNGE W/ROCKS;**
9-10 **UNDERARM TURN; OPEN BREAK;**
10 repeat A meas 4

END (20 MEAS)

- 1-4** **LEFT PASS; FWD BASIC CP; POINT & FWD BASIC; NEW YORKER;**
--QQ(SQQ) 1 cl L, shape to W lead hnds low, bk R rotate LF, fwd L (W fwd R, slight RF rotation, fwd L, turn LF bk R); LOPfng/DLC
--QQ(SQQ) 2 repeat Amod meas 14; CP/COH
--QQ(SQQ) 3 repeat B meas 4; CP/COH
--QQ(SQQ) 4 repeat INTERLUDE meas 2 to RLOD;
5-8 **POINT & NEW YORKER; FWD BASIC CP; TURNING BASIC;;**
--QQ(SQQ) 5 repeat INTERLUDE meas 3 fng COH;
--QQ(SQQ) 6 repeat meas 2 moving to RLOD;
--QQ(SQQ) 7-8 repeat B meas 5-6;; CP/WALL
9-12 **SWITCH & RF SPOT PIVOT; R LUNGE W/ ROCKS; U/A TURN; ½ OPEN BREAKS 3X;**
10-11 repeat B meas 7-8
11 repeat A meas 13
12 sd R, blend ½OP, bk L, rec fwd R;
13-16 **(FINISH ½ OP BREAKS);; BASIC;;**
13 rotate to CUDDLE/WALL sd L, rotate to L½OP, bk R, rec fwd L;
14 repeat meas 12
15-6 blend CP/WALL sd L, bk R in contra body motion, rec fwd L; sd R, fwd L in contrabody motion, rec bk R; CP/WALL
17-20 **NEW YORKER; REV U/A TRN; M PNT TO OPPOSITION FWD BREAKS; R HNDS SLOW SIDE; XCHECK EXTEND;**
--QQ(SQQ) 17 repeat INTERLUDE meas 2 moving to LOD;
--QQ(SQQ) 18 sd R, bring lead hnds thru, xLif, bk R (W repeat INTRO meas 4);
SS 19 blend BFLY pnt L bk, rotate LF, fwd L, rec bk R (W repeat INTRO meas 3);
SS 20 as music slows join Rhnds sd L to LOD, -, xRif (W sd L to RLOD, - xLif) look at partner extend L arms