

ARE YOU LONESOME TONIGHT

Music: Francis Goya
www.israbox.com Cd 16 Droom Melodieën vol 2
Track # 3 Time 2:39 Slow down with 10%
Available from Choreographer.

Rhythm : Waltz **Phase :** IV + 2 (Outside Spin + R Trng Lock)
Footwork: Opposite except where (Noted)
Release Dat : June 2014
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SEQUENCE : **INTRO AB AB INTRO END**



INTRO

CP DLW LEAD FOOT FREE START AFTER THE 2^{de} Note

01-04 FORWARD WALTZ ; MANUVER ; SPIN TURN ; BOX FINISH ;

{**Fwd Waltz**} Fwd L, fwd R, cl L ; {**Manuver**} Fwd R trng RF, sd L, cl R (*W bk L trng RF, sd R, cl L*) to CP RLOD ; {**Spin Trn**} Stg RF upper bdy trn bk L & pvt 1/2 RF to fc LOD, fwd R between W's ft heel to toe cont trn leavg L leg xtnd bk & sd, rec L (*W stg RF upper bdy trn fwd R between M's ft heel to toe pvt 1/2 RF, bk L cont trn brush R to L, fwd R between M's ft*) to CP DLW ; {**Box Finish**} Bk R, sd & bk L trng 1/4 LF, cl R to CP DLC ;

05-08 DIAMOND TURN ; ; ; ;

{**Diamond Trn**} Fwd L trng LF, compg ¼ LF trn sd R, bk L to BJO ; Staying in BJO & trng LF bk R, compg ¼ LF trn sd L, fwd R ; Staying in BJO & trng LF fwd L, compg ¼ LF trn sd R, bk L ; Bk R in BJO trng RF, sd L compg ¼ LF trn, fwd R to BJO DLC ;

PART A

01-04 TELEMAR to SCP ; NATURAL HOVER FALLAWAY ; CHECK BACK & REC to a WHIPLASH BJO LOD ; BK BK/LK BK ;

{**Telemark to SCP**} Fwd L comm LF trn, sd R w/ a strong LF trn, sd & slightly fwd L (*W bk R comm LF trn, cl L [heel trn], sd & slightly fwd R*) to SCP DLW ; {**Nat Hover Fallaway**} Fwd R, fwd L risg & trng RF, rec R (*W fwd L, fwd R between M's ft, rec L*) to SCP DRW ; {**Ck Bk & Rec to Whiplash Bjo**} [S,S] Bk L in fallaway ck, thru R no rise pnt L to DRW trn body LF to swivel lady (*W bk R fallaway ck, thru L swivel LF ronde R CCW*) to BJO DRW, - ; {**Bk Bk/Lk Bk**} [1,2&3] Bk L, bk R/XLif, bk R ;

05-08 IMPETUS to SCP ; WEAWE SIX to BJO ; ; CROSS PIVOT to SCAR ;

{**Impetus to SCP**} Bk L w/ RF bdy trn, cl R [heel trn] contg RF trn, fwd L (*W fwd R outsd prttr pvtg RF, sd & fwd L contg RF trn arnd M, brush R & fwd R*) to SCP DLC ; {**Weave 6 Bjo**} Fwd R, fwd L begin LF trn, sd R DRC ; Bk L twd LOD in BJO, bk R trng LF in mom CP, sd & fwd L to BJO DLW ; {**Cross Pivot to SCAR**} Fwd R in frnt of W begin RF trn, sd L cont trn, fwd R (*W fwd L sm stp comm RF trn, fwd R between M's ft heel to toe pvt ½ RF, contg trn sd & bk L*) to SCAR DLW ;

09-12 CROSS HOVER to SCP ; THRU CHASSE to SCP ; IN & OUT RUNS ; ;

{**Cross Hover to SCP**} XLif, sd R hvrg, rec L (*W XRib, sd & bk L w/ strong RF trn, fwd R*) to SCP LOD ; {**Thru Chasse to SCP**} [1,2&3] Thru R, sd to fc prtn L/cl R, fwd L to SCP LOD ; {**In & Out Runs**} Fwd R stg RF trn, sd & bk L twd DLW to mom CP, bk R w/ R sd ldg to BJO RLOD (*W fwd L, fwd R btw M's ft, fwd L*) ; Bk L trng RF leavg R leg extended, sd & fwd R heel to toe btw W's ft contg RF trn, fwd L (*W fwd R trng RF, fwd & sd L contg strong RF trn & brush R, fwd R*) to SCP LOD ;

13-16 CHAIR & SLIP ; DRAG HESITATION ; OUTSIDE CHANGE to SCP ; SLOW SIDE LOCK ;

{**Chair & Slip**} Thru R, rec L [no rise], w/ slight LF upper bdy trn slp R bhd L cont trn (*W thru L, rec R [no rise], swvl LF on R & stp fwd L outsd M's R ft*) to CP DLC ; {**Drag Hesitation**} [S,S] Fwd L trng ¼ LF, sd R cont trn, draw L to BJO DRC ; {**Outsd Chng**} Trng LF bk L, bk & sd R, sd & fwd L (*W fwd R, L, R*) to SCP DLW ; {**Slow Sd Lk**} Thru R, fwd & sd L rising trng LF, cl R (*W Thru L trng LF, sd R trng LF, lk Lif*) to CP DLC ;

PART B

01-04 VIENNESE TURNS ; ; FORWARD WALTZ ; OP NATURAL TURN ;

{Viennese Trns} Fwd L stg LF trn, sd R cont trn, XLif to fc RLOD (*W bk R stg LF trn, sd L cont trn, cl R*) ; Bk R cont LF trn, sd L cont trn, cl R (*W fwd L cont LF trn, sd R cont trn, XLif*) to CP DLW ; **{Fwd Waltz}** Repeat meas 1 Intro ; **{OP Natural}** Fwd R stg RF trn , cont trn sd & bk L, bk R w/ R sd ld (*W bk L trng RF, fwd R between man's feet , fwd R*) to BJO DRC ;

05-08 OUTSIDE SPIN to a RIGHT TURNING LOCK to SCP ; ; SYNCOPATED VINE ; THRU FACE CLOSE ;

{Outsd Spin to a R Trng Lk} Ldg W fwd & trng bdy strongly RF bk L, trng strongly RF fwd R arnd W heel to toe, contg trn on R toe sd & bk L (*W trng RF fwd R heel to toe arnd M, contg trn cl L & pvt on toes of both ft, compg trn fwd R btw M's ft*) to CP DRW ; [1&2,3] Bk R w/ R shldr ld stg RF trn/lk Lif, cont trn sd & fwd R btw W's feet to LOD, sd & fwd L (*W fwd L w/ L shldr ld stg RF trn/lk Rib, cont trn sd & bk L, sd & fwd R*) to SCP DLC ; **{Syncop Vine}** [1,2&3] Thru R, sd L/XRib (*W XLib*), sd L to SCP LOD ; **{Thru Fc Cl}** Thru R, sd L trn to fc, cl R to CP DLW ;

09-12 WHISK ; MANUVER ; SPIN TURN ; BACK & CHASSE to BJO ;

{Whisk} Fwd L, fwd & sd R stg to rise to ball of ft, w/ slt RF trn XLib contg to full rise to ball of ft (*W bk R, bk & sd L stg to rise to ball of ft, w/ slt RF trn XRib contg to full rise to ball of ft*) to SCP LOD ; **{Manuver}** Repeat meas 2 Intro ; **{Spin Trn}** Repeat meas 3 Intro ; **{Bk & Chasse to BJO}** [1,2&3] Trng LF bk R, cont trn chasse sd L/cl R, fwd L to BJO DLW ;

13-16 FWD FWD/LK FWD ; MANUVER & PIVOT 2 ; PIVOT 3 to SCP ; PICK UP SIDE CLOSE ;

{Fwd Fwd/Lk Fwd} [1,2&3] Fwd R, fwd L/lk Rib, fwd L ; **{Manuver & Pivot 2}** Fwd R strt trn RF, trn ½ RF sd L pvt action, fwd R pvt ½ RF ; **{Pivot 3 to SCP}** Bk L pivot ½ RF, fwd R heel lead between W's feet cont RF trn rise & stretch R sd, sd & fwd L to SCP LOD ; **{PU Sd Cl}** Sm fwd R, sd L, cl R (*W trng LF fwd L in frt of M, cont trn sd R, cl L*) to CP LOD ;

ENDING

01-02 TELEMARK to SCP ; CHAIR & HOLD ;

{Telemark to SCP} Repeat meas 1 Part A ; **{Chair & Hold}** [S] Strong fwd R in lunge action bending knee, -, - ;