

ON MY OWN**Dance by:** YASUYO WATANABE, 24 NAKASEKO-CHO, TOYOHASHI 440-0815, JAPAN

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Released: jun 2014**Music:** ON MY OWN **Artist:** Ross Mitchell **TIME:** 3:26 **Speed:** 100 %**Record:** STAR 207 flip of " The Bolero Waltz"**CD:** STAR 207CD or DLD 1089 "TOP 25 RUMBAS" or DLD 1078 "C.F.D. 10" available from Palomino**Rhythm:** RB **Phase:** III+1 (ALEMANA)**Footwork:** Opposite, directions for M.**Seq.:** INTRO-A-B-C-B-C-END**INTRO****1-4 WAIT 2 MEAS; NY; SPT TRN;**

1-4 in BFY WALL wait 2 meas;; swl thru L to LOP RLOD, rec R to fc PTR, sd L,-; swl 1/4 on ball of L fwd R trng 1/2 LF(W 1/2 RF), rec L trng 1/4 fc ptr ,,sd R,- to BFY WALL;

PART A**1-4 BAS;; NY; SPT TRN;**

1-4 in BFY WALL fwd L, rec R, sd L,-; bk R, rec L, sd R,-; repeat meas 3-4 of INTRO;;

5-8 CRAB WK 3; SD WK 3; CUCA twice;;

5-6 XLIF, sd R, XLIF,-; sd R, cl L, sd R,-;

7-8 sd L, rec R, cl L,-; sd R, rec L, cl R,-;

9-12 OP BRK; WHIP; CRAB WK 3; SD WK 3;

9-12 rk apt L, rec R, sd L,-; bk R comm. 1/4 LF tm, rec fwd L trng 1/4 LF(W fwd L fwd R comm. 1/2 LF), sd R,-; repeat meas 5-6;;

13-16 CUCA twice;; OP BRK; WHIP;

13-16 repeat meas 7-12 end in BFY WALL;;;;

PART B**1-4 1/2BAS; UNDRM TRN to TAMARA; WHL 3; WHL & WRAP fc WALL;**

1-2 in BFY WALL fwd L, rec R, sd L,-; bk R, rec L, cl sd R,- (W under jnd lead hnds XLIF trng 1/2 RF, rec R contg trng RF, fwd R) to TAMARA WALL;

3-4 wheel fwd L, R, L, fc COH,-; Contg wheel fwd R, L, R(W wrapped LF L, R, L), - to WRAPPED WALL;

5-8 CUCA X twice;; FIN CHS;;

5-6 keeping jnd hnds sd L, rec R, XLIF,-; sd R, rec L, XRIF,-;

7-8 release joined hnds f wd L(W fwd R trng 1/2 LF), rec R, bk L,- to BFY WALL; bk R, rec L, fwd R,-;

9-12 TWISTY VIN 3; SHLDR TO SHLDR; REV UNDRM TRN; HND TO HND;

9-10 sd L, XRIB(W XLIF), sd L,-; rk fwd R(W rk bk L) to BFY BJO, rec L to fc, sd R,-;

11-12 XLIF, rec R(W swl 1/4 LF on ball of L fwd R 1/2 LF tm, rec R trng 1/4 LF to fc PTR), sd L,-; swl on L bk R to LOP LOD, rec L to fc, sd R,- to BFY WALL;

13-16 ALEMANA; LARIAT;;

13-14 fwd L, rec R, cl L(W cl R, fwd L, fwd R comm. RF swl to fc PTR),-; bk R, rec L(W cont RF under jnd leads hnds fwd L, cont RF tm fwd R), sd R,- end in M's R side;

15-16 in plc stp L, stp R, stp L,- (W circ CCW amd M with joined lead hnds fwd R fwd L, fwd R,-); stp R, stp L, stp R(W contg circ amd fwd L, fwd R, sd L), - to BFY WALL;

PART C**1-4 CHS;;**

1-4 in BFY WALL fwd L trng 1/2 RF both fc COH(W no tm) both fc COH, rec R, fwd L,-; fwd R trng 1/2 LF (W 1/2 RF) both fc

WAL,rec L,fwd R,-; fwd L(W 1/2 LF),rec R,bk L,- to BFY WALL; bk R,rec L,fwd R,-;

5-8 NY; SPT TRN; BRK to OP; PROG WK 3:

5-6 repeat 3-4 of INTRO;;

7-8 swvl sharply on R bk L to OP LOD, rec R,fwd L,-; fwd R,fwd L,fwd R,-;

9-14 SLDG DR; RK SD, REC, FWD; FIGURE 8:

9-10 rk sd L,rec R,XLIF (W across in front of M) to LOP LOD; rk sd R,rec L,fwd R,-;

11-12 M twd WALL CW (W twd COH CCW) fwd L,fwd R,fwd L,-; tog twd PTR fwd R,fwd L,fwd R,-;

13-14 passing R shldr M twd COH CCW(W twd WALL CW) fwd L,fwd R,fwd L,-; tog twd ptr fwd R,fwd L,fwd R,- to BFY WALL;

15-16 TIME STP twice;;

15-16 XLIB,rec R,sd L,-; XRIB,rec L,sd R,-;

END

1-4 1/2 BAS; UNDRM TRN to TAMARA; WHL; WHL & WRAP:

1-4 in BFY WALL repeat meas 1-4 of PART B;;;;

5-7 CUCA X twice;; LADY TRN DIP BK & TWIST:

5-7 repeat meas 5-6 of PART B; fwd L (W fwd R trng 1/2 LF) to CP WALL, rec R,dip bk L,twist upper body;