

ALL ALONE

RECORD:TELEMARK #]5372(Flip Always)
SEQUENCE:INTRO,DANCE,DANCE,TAG

By Eddie & Audrey Palmquist,El Toro,Ca
Abbrev:DCL-Diag Center & LOD;
DCR-Diag Center & RLOD'
DWL-Diag Wall & LOD
DWR-Diag Wall & RLOD

INTRODUCTION

CP - DCL - WAIT six metronome beats

1-4 DRAG HESITATION;BK,BK/LOCK,BK;CLOSED IMPETUS(CP);BK,FEATHER,FINISH Contra Bjo(DCL)

- 1 (Drag Hesitation)CP DCL fwd L commence LF trn,Sid R LOD,draw L to R no wt blend to Contra Bjo;
- 2 (Bk Lock)Bk L,Bk R/XLIF(WXIB),Bk R contra Bjo bking DWL;
- 3 (Clos Impetus Trn)Bk L commence RF trn,Trn on L heel clos R to L,Sid & Bk L (W fwd R in Contra Bjo pivot RF,sid & Bk L(DWL),Brush R to L fwd R between M's feet)CP DWL;
- 4 (Feather Finish)Bk R DCR,Sid L(DCL),Fwd R in Contra Bjo(DCL);

DANCE

1-8 OPEN TELEMARK(SCP);NATL TELEMARK;HOVER CROSS;Q OPEN REV TRN;HOVER CORTE;BK WHISK; SYNCOPATED WHISK;CHASSE TO CONTRA BJO LOD;

- 1 (Open Telemark)Contra Bjo fwd L blend CP start LF trn,continue trn sid R twd COH RLOD on toe leave L leg extended,sid & fwd L DWL on toe blend narrow V SCP(W bk R DCL commence LF trn,bring L to R no wt trning on R heel transfer wt to L(CP)sid & fwd R DWL SCP);
- 2 (Natl Telemark)R fwd DWL commence RF trn(W fwd L),Trn RF step sid L DWL(W fwd R slightly between M's feet)CP(DCR),continue RF trn to fac almost LOD in CP R toe pointing LOD;
- 3 (Hover Cross)Trn slightly RF to fac LOD fwd LOD on L toe small step in Mod SCAR(W XRIB) M & W slight sway to COH looking twd COH,Recover on R toe,sid L to Contra Bjo fac DCL;
- 4 (Q Open Rev Trn)Fwd R DCL,blend CP fwd L trn LF,sid R DCL/Bk L LOD in Contra Bjo(123&);
- 5 (Hover Corte)Blend CP Bk R,Sid L(DWL)Hover,Recov bk on R to Contra Bjo fac LOD
- 6 (Bk Whisk)Bk L,Sid & Bk R,XL behind R(W fwd R,Sid L,XR behind L)SCP LOD;
- 7 (Syncopated Whisk)Thru R LOD,fac ptrn & clos L near R/sid R RLOD,XLIB of R to SCP LOD 12&3;
- 8 Thru Chasse to Contra Bjo fac LOD;

9-16 MANUV;RUNNING SPIN;BK,TRN,SCP(DCL);JETE & POINT;RONDE & FALLAWAY SLIP PIVOT; CURVING 3;BK CHASSE TO CONTRA BJO;MANUV;

- 9 (Contra Bjo)Manuv,Sid,Clos CP RLOD;
- 10 (Running Spin)Bk L pivot RF,Fwd R continue pivot/sid & Bk L(CP DWR),Bk on R toe Rt shoulder leading(W does not brush as in normal spin trn);12&3
- 11 (Open Finish to SCP)Bk L in Contra Bjo,Bk R blend CP & commence LF trn,sid & fwd L DCL SCP;
- 12 (Jete & Point)Thru R(DCL),Clos L near R with slight spring action high on toes sway slightly to left & look left,then lower & flex L knee(W thru L,side R sight spring action trn to fac M high on toes sway R look R,then lower & flex R knee),Point R(W pt L)twd LOD & sway twd LOD;(Ends as in oversway M fac COH;
- 13 (Ronde & Slip Pivot)Sid & Bk R fan L fwd & out to SCP RLOD flex R knee,L ft bk behind R,trn W to fac slip R bk DCL & pivot LF keep L ft fwd(W sid & Bk L LOD fan R fwd & out to SCP,Bk r behind L pivot on R leave L fwd fac M,L fwd & pivot)end CP DWL;
- 14 (Curving 3-1/2 trn to left)L fwd DWL trn LF,curve fwd R(R shoulder lead)rise, small step fwd L IF of R sway left(W R)M head left W head to right;
- 15 (Chasse)Bk R LOD commence LF trn,sid L/clos R to L,sid L to Contra Bjo DWL;
- 16 Manuv to fac RLOD R,L,R;

ALL ALONE (Continued)

17-24 OPEN IMPETUS SCP; SLO SID LOCK; DBLE TELEMARK;; FWD, 2, CLOS blend Contra Bjo;

OUTSIDE SPIN; DBLE NATL; CLOS WING;

- 17 (Open Impetus SCP) Bk L trn RF, clos R to L heel trn, Sid & Fwd L SCP DCL;
- 18 (Slo Sid Lock) Thru R, Sid L XRIB of L trn LF (W thru L, sid R fac ptr, XLIF of R trn LF) end CP DCL; NOTE: On Slo Lock M delays crossing R behind L until W has crossed LIF.
- 19, 20 (Dble Open Telemark) Fwd L strong trn LF, sid R DCR, continue LF trn Sid L twd LOD (a must) (W bk R trn LF, bring L to R heel trn, Sid & fwd R LOD (SCP); Thru R LOD (W thru L), W sid & Bk R to fac M as M step fwd L DCL trn LF, W clos L to R & spin on toes as M continues LF trn Sid R, continue LF trn sid & fwd L (W sid R) SCP DWL; Note timing: 123, 12&3; The second Telemark after the thru step is like a LF pivot to SCP.
- 21 (Fwd to Bjo) Thru R, Fwd L, clos R to L trn to Contra Bjo DWL (W thru L, Sid & fwd R, clos L to R swiveling on R to Contra Bjo);
- 22 (Outside Spin 1 full trn) Contra Bjo very small step bk on L toeing in & pivot RF, Fwd R heel to toe continue RF trn, sid & bk L CP DWL (W fwd R around M heel to toe, clos L to R pivot on toe, small step fwd R point between M's feet);
- 23 (Dble Natl Spin) CP DWL fwd R trn RF, sid L DWL, spin RF on L toe tch R to L (W bk L trn RF, heel trn on L clos R to L/fwd L, fwd R to Contra Bjo) end Contra Bjo DC
- 24 (Clos Wing) Fwd R DCL, draw L to R no wt 2 cts trn body slightly LF (W bk L DCL, Sid R XIF of M, small step fwd L to SCAR head trn to left throughout figure) end SCAR DCL;
- 25-32 FWD R CHASSE; OUTSIDE CHANGE TO CONTRA BJO; CHECKED NATL & SLIP PIVOT; DBLE REV SPIN; DRAG HESITATION; BK, BK/LOCK, BK; CLOSED IMPETUS; FEATHER FINISH;
- 25 (R Chasse) SCAR fwd L, sid R DCL/clos L to R, sid R to Contra Bjo. fac DWR;
- 26 (Outside Change) Bk L in Contra Bjo DCL, bk & Sid R to CP, Sid & Fwd L DWL in Contra Bjo;
- 27 (Checked Natl Trn) Fwd R in Bjo trn RF, sid L LOD in CP check & rise & sway twd LOD & look LOD, slip R bk on toe & pivot to fac LOD (W bk L trn RF, heel trn clos R to L on toes rise & sway twd LOD & look LOD, slip L fwd & pivot fac RLOD);
- 28 (Dble Rev Spin) Fwd L LOD trn LF, sid R LOD, Spin on R toe tch L to R no wt end CP LOD (W bk R trn LF, clos L to R heel trn, sid & bk R DWL, cont trn XLIF of R);
- 29-32 REPEAT MEAS 1-4 of INTRODUCTION;;;;

REPEAT ENTIRE DANCE

TAG

After measure 32 slide L (W R) sid COH Into OVERSWAY (side lunge)