

ALL TO MYSELF IV

CHOREO: Ron & Georgine Woolcock
ADDRESS: 5326 Berger Dr SE, Olympia, WA 98513
MUSIC: "All To Myself" (On A Slow Boat To China)
STAR 134 or CD "The Best of The Dansan
Years Vol 3 Track 6 by Ross Mitchell
Internet download available

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RHYTHM: Foxtrot
DIFFICULTY: Average

RAL PHASE: IV [a]
FOOTWORK: Opposite, directions for man except where noted
SEQUENCE: INTRO, A, B, A, B(1-15), END

TIME/SPEED: 2:19@45 RPM
SUG SPEED: 45 RPM
REL DATE: MAY 2018

INTRODUCTION

1-4 OP FCG DIAG LINE WALL WAIT ; ; APART POINT ; PICKUP CP LOD ;

- 1-2 [1-2] In OP FCG DLW Wait ; ;
3-4 [3] In OP FCG DLW Apt L, -, pt R, - ; [4] tog L trng LF to CP LOD, -, cl R, tch L ;

PART A

1-4 3 STEP ; FORWARD RUN 2 ; PROGRESSIVE BOX ; ;

- 1-2 [1] In CP LOD fwd L, -, fwd R, fwd L ; [2] fwd R, -, fwd L, fwd R to CP LOD ;
3-4 [3] In CP LOD fwd L, -, sd R, cl L ; [4] fwd R, -, sd L, cl R to CP LOD ;

5-8 TWO LEFT TURNS ; ; HOVER ; MANUEVER ;

- 5-6 [5] From CP LOD fwd L commence LF upper bdy trn, -, cont to trn sd & bk R, cl L ; [6] bk R commence LF upper bdy trn, -, cont to trn sd & fwd L, comp trn cl R to CP WALL ;
7-8 [7] In CP WALL fwd L, -, fwd & sd R rising to ball of ft, rec L to tight SCP DLC ; [8] In SCP DLC fwd R outside ptr, -, fwd & sd L trng RF, cl R trng RF to CP RLOD ;

9-10 SPIN TURN ; BOX FINISH CP DLC ;

- 9-10 [9] from CP RLOD comm RF upper bdy trn bk L toe pvtg 1/2 RF to fc LOD, -, fwd R between W feet heel to toe cont RF trn to fc LOD keeping L leg extended bk & sd, comp trn sd and bk on L to CP DLW ; [10] bk R trng LF 1/4 to CP DLC, -,sd L, cl R to CP DLC ;

11-14 DIAMOND TURN ; ; ; ;

- 11-14 [11] From CP DLC fwd L trng LF on the diag, -, cont LF trn sd R, bk L w/ptr outsd M in CBMP ; [12] staying in CBMP and trng LF bk R, -, sd L, fwd R outsd ptr in CBMP ;
[13] Staying in CBMP fwd L trng LF on the diag, -, cont LF trn sd R, bk L to BJO DLW ;
[14] From BJO DLW bk R cont LF trn, -, sd L, fwd R to CP DLC ;

15-16 TELEMARK SCP ; THRU FACE CLOSE ;

- 15-16 [15] From CP DLC fwd L commencing to trn LF, -, sd R cont LF trn, sd & slightly fwd L to end in SCP DLW (W bk R commencing to trn LF bringing L beside R w/no wgt, -, trn LF on R heel [heel trn] and chg wgt to L, sd & slightly fwd R to end in tight SCP) ; [16] thru R, -, commence RF trn to fc ptr sd L, cl R to CP WALL ;

PART B

1-4 HOVER ; IN AND OUT RUNS ; ; THRU FACE CLOSE ;

- 1-2 [1] In CP WALL fwd L, -, fwd & sd R rising to ball of ft, rec L to tight SCP DLC ; [2] In SCP DLC fwd R comm. RF trn, -, sd & bk L DLOD & WALL to CP, bk R to BJO ;
3-4 [3] In BJO using CMB bk L trng RF, - , sd & fwd between W feet cont RF trn, fwd L to SCP ;
[4] In SCP thru R, -, commence RF trn to fc ptr sd L, cl R to CP WALL ;

5-8 WHISK ; WING ; TELEMARK TO SCP ; PICKUP SIDECAR ;

- 5-6 [5] In CP WALL fwd L, -, fwd & sd R commencing rise to ball of ft, xLib of R cont to full rise on ball of ft endg in tight SCP LOD (W bk R, -, bk & sd L commencing to rise to ball of ft, xRib of L cont to full rise on ball of ft) ; [6] In SCP LOD fwd R, -, draw L to R, tch L to R trng upper part of bdy LF w/L sd stretch to end in tight SCAR DLC (W fwd L beginning to cross in frnt of M commence trn slightly LF, -, fwd R arnd M cont to trn slightly LF, fwd L arnd M comp slight LF trn) ;
7-8 [7] From SCAR DLC fwd L commencing to trn LF, -, sd R cont LF trn, sd & slightly fwd L to end in SCP DLW (W bk R commencing to trn LF bringing L beside R w/no wgt, -, trn LF on R heel [heel trn] and chg wgt to L, sd & slightly fwd R to end in tight SCP) ; [8] In SCP DLW thru sm R trng LF to SCAR DLW, -, sd L, cl R (W thru L stpg in frnt of M trng LF to SCAR DLW, -, sd R, cl L) ;

9-12 CROSS HOVER TO BJO ; CROSS HOVER TO SCAR ; CROSS HOVER TO BJO ; MANUVER ;

- 9-10 [9] In SCAR DLW xLif of R, -, sd R w/a slight rise commence LF trn, rec L comp trn to BJO DLC ; [10] In BJO DLC xRif of L, -, sd L w/a slight rise commence RF trn, rec R comp trn to SCAR DLW ;
11-12 [11] In SCAR DLW xLif of R, -, sd R w/a slight rise commence LF trn, rec L comp trn to BJO DLC ; [12] In BJO DLC fwd R outside ptr, -, fwd & sd L trng RF, cl R trng RF to CP RLOD ;

13-16 IMPETUS TO SCP ; IN AND OUT RUNS ; ; PICKUP CP LOD ;

- 13-14 [13] From CP RLOD with soft or flexed knees throughout commence RF upper bdy trn bk L, -, cl R to L [heel trn] cont RF trn, comp trn fwd L in tight SCP LOD (W with soft or flexed knees throughout commence RF upper bdy trn fwd R between M's feet heel to toe pvtg 1/2 RF, -, sd & fwd L cont trn arnd M brush R to L, comp trn fwd R) ; [14] In SCP LOD fwd R comm. RF trn, -, sd & bk L DLOD & WALL to CP, bk R to BJO ;
15-16 [15] In BJO using CMB bk L trng RF, - , sd & fwd between W feet cont RF trn, fwd L to SCP ; [16] In SCP thru sm R trng LF to CP LOD, -, sd L, cl R (W thru L stpg in frnt of M trng LF to CP LOD, -, sd R, cl L) ;

END

1 CHAIR & HOLD;

- 1 [1] From SCP LOD lunge fwd R shaping like the side view of a straight chair, -, -, - ;

HEAD CUES

[OP FCG DIAG] Wait ; ; Apt Pt ; PU Tch [CP LOD] ;

3 Step ; Fwd Run 2 ; Prog Box ; ;

Two Lft Trns ; ; Hover ; Manuv ;

Spin Trn ; Box Finish ; Diamond Trn ; ; ; ;

Telemark [SCP] ; Thru Fc Cl ;

Hover ; In & Out Runs ; ; Thru Fc Cl ;

Whisk ; PU ; Telemark [SCP] ; PU [SCAR] ;

Three Cross Hovers [SCP] ; ; ; Manuv ;

Impetus [SCP] ; In & Out Runs ; ; PU [CP LOD] ;

3 Step ; Fwd Run 2 ; Prog Box ; ;

Two Lft Trns ; ; Hover ; Manuv ;

Spin Trn ; Box Finish ; Diamond Trn ; ; ; ;

Telemark [SCP] ; Thru Fc Cl ;

Hover ; In & Out Runs ; ; Thru Fc Cl ;

Whisk ; PU ; Telemark [SCP] ; PU [SCAR] ;

Three Cross Hovers [SCP] ; ; ; Manuv ;

Impetus [SCP] ; In & Out Runs ; ; Chair & Hold ;