

On My Own

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MUSIC: "On My Own" Track 5 - DLD 1089 (Dance and Listen Label)
PHASE / RYHTUM: Phase VI / Bolero SPEED: Slowed 12 – 15%
FOOTWORK: Opposite Except Where Noted
SEQUENCE: Intro, A, A(mod), B, A(mod), B, TAG
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INTRO

1-4 WAIT; RIFF TURNS; LADIES TRANS TO WRAP LUNGE:

- 1 In BFLY fcng WALL weight on M's R & Ladies's L wait two meas;;
QQQQ 2 {Riff Turns} Sd L, cl R, sd L, cl R (W sd R spin RF full trn under joined lead hands, cl L, sd sd R spin RF full trn under joined lead hands, cl L);
QQS 3 {Ladies Trans to Wrap Lunge} Sd L, cl R, sd L to lunge in wrapped pos both facing wall,- (W (SS) sd R turn half RF to wrapped pos face wall,-, sd L to lunge,-);
SS 4 {Slow Hip Rks} Sd R with hip rk,-, sd L with hip rk,-(W sd R with hip rk,-, sd L with hip rk,-);

PART A

1-8 SHADOW FWD BREAK; SHADOW TURNING BASIC;; SLIP PIVOT TO RLOD / LADIES TRANS; NEW YORKER; SPOT TURN; HORSESHOE TURN TO FACE WALL::

- SQQ 1 {Shadow Fwd Break} Sd R and then rise,-, fwd L and lower, bk R;
SQSQSQ 2-3 {Shadow Turning Basic} Sd L and then rise with small RF rotation,-, bk R with slipping action and lower, fwd L both facing COH; Sd R and then rise,-, fwd L and lower, bk R;
SQQ 4 {Slip Pivot to RLOD/ Ladies Trans} Sd L and then rise with small RF rotation,-, bk R with (SQ&Q) slipping action to face RLOD and lower, fwd L (W sd L and then rise with small RF rotation,-, bk R with slipping action and lower / fwd L trn LF to face ptr, bk R);
SQQ 5 {New Yorker} M sd R and then rise and swivel RF to face COH,-, fwd L and lower, bk R and swivel LF to face (W sd L and then rise and swivel LF to face COH,-, fwd R and lower, bk L and swivel RF to face ptr);
SQQ 6 {Spot Turn} Sd L and rise, XRIF of L and trn LF while lowering, fwd L trng to face RLOD (W sd R and rise,-, XLIF of R and trn RF while lowering, fwd R trng to face ptr);
SQSQSQ 7-8 {Horseshoe Turn to face Wall} Sd R then rise,-, XLIF of R, rec R (W sd L then rise,-, XRIF of L, rec L); M fwd L outside ptr circle LF,-, fwd R cont circle & lower, fwd L to face ptr & WALL (W sd & fwd R,-, fwd L trn RF to face ptr, fwd R);

9-16 OPEN BREAK; CARRESS & BREAK; CHECKED RIGHT PASS;; SYNC TURNING BASIC; TO A FAN; FINISH FAN; TO CURL WRAP & SYNC HIP RKS:

- SQQ 9 {Open Break} Sd & fwd R while remainig lowered and then rise,-, lower and bk L, fwd R (W side L while remaining lowered and then rise,-, lower and bk R, fwd L);
&SQQ 10 {Carress & Break} Fwd L / cl R while remainig lowered and then rise,-, lower and bk L, fwd R;
SQSQSQ 11-12 {Checked Right Pass with Fwd Break Ending} Fwd L and rise trng RF releasing ladies hand and catching ladies rt hip with M's rt hand,-, XRIB of L cont RF turn, fwd L to face COH (W fwd R,-, XLIF of R, bk R); Fwd R ronde RF to face ptr and wall,-, fwd L and lower, bk R;
SQ&Q 13 {Sync Turning Basic} M sd L while remainig lowered and then rise,-, using slipping action bk R and lower / fwd L to LOD trn half, bk R (W sd & fwd R while remaining lowered and then rise,-, fwd L and lower trng LF / bk R trn half, cl L) to end CP RLOD;
SQSQSQ 14-15 {Fan} Bk L trn to face wall,-, bk R, rec L (W fwd R,-, fwd L trn half LF, bk R); Sd R,-, fwd L, rec R (W bk L to Fan pos,-, cl R, fwd L)
SQ&Q 16 {Curl Wrap & Sync Hip Rocks} M point sd L trng ladies under lead hands to face wall,-, rk sd L / sd R, sd L (W fwd R curl LF to wrapped pos facing wall,-, rk sd L / sd R, sd L);

PART A (MODIFIED)

- 1-8 SHADOW FWD BREAK; SHADOW TURNING BASIC;;
SLIP PIVOT TO RLOD / LADIES TRANS; NEW YORKER; SPOT TURN;
HORSESHOE TURN TO FACE WALL;;
- SQQ 1 {Shadow Fwd Break} Repeat Part A meas 1
SQQSQQ 2-3 {Shadow Turning Basic} Repeat Part A meas 2 & 3
SQQ 4 {Slip Pivot to RLOD} Repeat Part A meas 4
(SQ&Q)
SQQ 5 {New Yorker} Repeat Part A meas 5
SQQ 6 {Spot Turn} Repeat Part A meas 6
SQQSQQ 7-8 {Horseshoe Turn to face Wall} Repeat Part A meas 7 & 8
- 9-16 OPEN BREAK; CARRESS & BREAK; CHECKED RT PASS; WITH FWD BREAK ENDING;
SYNC TURNING BASIC; TO A FAN; FINISH FAN; TO ALEMANA;
- SQQ 9 {Open Break} Repeat Part A meas 9
&SQQ 10 {Carress & Break} Repeat Part A meas 10
SQQSQQ 11-12 {Checked Right Pass} Repeat Part A meas 11 & 12
SQ&Q 13 {Sync Turning Basic} Repeat Part A meas 13
SQQSQQ 14-15 {Fan} Repeat Part A meas 14 & 15
SQQ 16 {Alamana} Sd L trng ladies to face,-, bk R, rec L (W fwd R trn RF to face ptr,-, fwd L to M's lt sd and trn RF under lead arms, fwd R trn RF to face M);

PART B

- 1-8 ROPE SPIN & MEN TURN TO FACE; RT SIDE PASS TO HANDSHAKE;
MEN POINT TO OPPOSITE SPOT TURN; CIRCULAR CHALLENGE;;
FOWARD RIGHT LUNGE & TURN TO FACE; LADIES TURN TO FACE MEN TRANS;
- SQQ 1 {Rope Spin & Men Turn to Face} Cl R,-, sd L trn LF to fce COH, sd R (W fwd L to M's rt sd and spiral RF,-, fwd R trng RF, fwd L to face wall);
SQQ 2 {Rt Side Pass to Right Hand Star} Fwd L and rise trng RF taking ladies under lead hands,-, bk R cont leading ladies to finish turning, fwd L to rt hand star (W fwd R and rise,-, fwd L under joined lead hands trn LF half and lower, bk R cont trn to rt hand star);
SQQ 3 {Men Trans to Spot Turn} Point R sd,-, XRIF of L and turn LF to face ptr and lower, fwd L (W sd L and rise,-, XRIF of L and trn LF to face ptr and lower, fwd L);
SQQSQQ 4-6 {Circular Challenge} Press R fwd,-, circle around ladies R and lower, cont circle L to face ptr and COH (W press R fwd,-, circle around men R and lower, cont circle L to face ptr and Wall); M XRIB of L and unwind to face DRW without weight chg,-, lunge sd R in back to back pos arms extended, rec L (W XRIB of L and unwind to face DC without weight chg,-, lunge sd R in back to back pos arms extended, rec L); Trn ¾ RF and cl R / lunge sd L in back to back pos arms extended,-, rec R circling ladies cont trn, fwd and sd L to face ptr and COH (W trn ¾ RF and cl R / lunge sd L in back to back pos arms extended,-, rec R circling men cont trn, fwd and sd L to face ptr and Wall);
SS 7 {Forward Right Lunge & Turn to Face} Fwd R DRC into lunge,-, trn LF half,- (W fwd R DW into lunge,-, trn LF half,-);
SS(SQQ) 8 {Ladies Turn to Face Men Trans} M rec fwd L trn to face LOD and rise,-, sd R,- (W rec fwd L turn RF, fwd R to face ptr, sd L);
- 9-16 UNDERARM TURN TO SHADOW; ADVANCED SLIDING DOOR WITH SIT LINE;;
ADVANCED SLIDING DOOR WITH SIT LINE TO FACE;; LUNGE BREAK;
LADIES CURL & FWD TWO TO FACE WALL; SIDE LUNGE & TWO HIP ROCKS;
- SQQ 9 {Underarm Turn to Shadow} Sd L and then rise,-, XRIB of L and lower, rec R to face wall (W sd R and rise,-, XLIF of R and trn RF and lower, fwd R trng to shadow pos wall);
SQQSQQ 10-11 {Advanced Sliding Door with Sit Line} Fwd R then rise,-, fwd L and lower to press line, bk R (W sd L and then rise,-, bk R & lower taking right arm down back and up over head, fwd L); XLIB and then rise,-, lower and lunge sd R, rec L (W fwd R turning LF in front of men then rise shaping toward men bring right hand down the sd of his face in caress,-, turning RF under left hands face LOD bk L and lower into sit line and extend right arm up palm out, rec fwd R turning LF under left hands to shadow pos face wall);

PART B(cont)

- SQSSQQ 12-13 {Advanced Sliding Door with Sit Line to face} Fwd R then rise,-, fwd L and lower to press line, Bk R (W sd L and then rise,-, bk R & lower taking right arm down back and up over head, fwd L); XLIB and then rise,-, lower and lunge sd R, rec L (W fwd R turning LF in front of men then rise shaping toward men bring right hand down the sd of his face in caress,-, turning RF under left hands face LOD bk L and lower into sit line and extend right arm up palm out, rec fwd R trning RF to face ptr);
- SQQ 14 {Lunge Break} Sd R and then rise,-, extend L sd and bk and lower keeping weight on R, draw L to R (W sd L and then rise,-, bk R and lower, fwd L);
- SQQ 15 {Ladies Curl & Fwd Two to Face Wall} M point fwd L,-, fwd R, fwd L to face wall (W fwd R trn LF to wrapped pos LOD,-, fwd R, fwd L to face wall);
- SQQ 16 {Lunge Side & Two Ok Hip Rks} Sd L to lunge,-, sd R with hip rk, sd L with hip rk (W sd L to lunge,-, sd R with hip rk, sd L with hip rk);

TAG

1-8 SHADOW FWD BREAK; SHADOW TURNING BASIC;;
SLIP PIVOT TO RLOD / LADIES TRANS; NEW YORKER; SPOT TURN; OPEN BREAK;
TOGEATHER & CARRESS;

- SQQ 1 {Shadow Fwd Break} Repeat Part A meas 1
- SQSSQQ 2-3 {Shadow Turning Basic} Repeat Part A meas 2 & 3
- SQQ 4 {Slip Pivot to RLOD} Repeat Part A meas 4
(SQ&Q)
- SQQ 5 {New Yorker} Repeat Part A meas 5
- SQQ 6 {Spot Turn} Repeat Part A meas 6
- SQQ 7 {Open Break} Repeat Part A meas 9
- SS 8 {Fwd & Carress} Fwd L,-, hold and carress ptr,-;