

ALL TO MYSELF

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477-1594 Record: S*T*A*R-134 "ALL TO MYSELF" (Flip of WHEELS CHA) (Available
from Palomino Records or Choreographers) email; JBAHR @ Juno. com
Rhythm: Foxtrot Phase VI Slow to Suit Released Date: June 2000
Footwork: Opposite (Except as noted)
Sequence: INTRO AB AB (1-15 1/2)

INTRO

1---4 WAIT in BFLY; REC POINT; TOG POINT SCP: FEATHER FINISH;
1 (Wait) BFLY fcg WALL with L sway R pointed to side both looking LOD;
2 (Rec Point) Rec R fc RLOD leaving L pointed back, -,-,-;
3 (Tog Point SCP) Fwd L slight LF turn R pointed twd RDC to a wide open SCP
WALL with L sway (W Fwd R turning RF L pointed bk twd RDC), -,-,-;
4 (Feather Finish) XRIB of L LF turn (W XLIF of R note this will be outside
of man),, and fwd L, fwd R crossing at thighs to CBJO DLC;

-A-

1-4 DOUBLE REVERSE; REVERSE WAVE;; BACK FEATHER;
1 (Double Reverse SQQ;) Fwd L trng LF, -, fwd & sd around W spinning on ball
of R, cont LF spin on R bringing L to R no wgt (W bk on R start LF heel
trn,-, cont trn chg wgt to L fwd & sd R trng LF, lock LIF of R) CP/DW;
2-3 (Reverse Wave SQQ; SQQ;) Fwd L starting LF trn, -, sd R cont LF trn (W heel
trn), bk L; Bk R, -, bk L, bk R curving LF to end CP fcg RLOD;
4 (Bk Feather SQQ;) Bk L, -, bk R with R shoulder Leading, bk L CBJO fcg
RLOD;

5-8 BACK THREE STEP; OPEN IMPETUS, PROMENADE WEAVE;;
5 (Bk Three Step SQQ;) Bk R, -, bk L blending to CP, bk R;
6 (Op Impetus SQQ;) Bk R start RF trn, -, cl R trng RF heel trn (W Sd L
across M) cont trn rising, sd & fwd L (W fwd R) SCP DC;
7-8 (Prom Weave SQQ; QQQQ;) Fwd R, -, fwd L trng LF to CP, sd & bk R (W Fwd L,
-s ,sd & bk R trng LF to CP, cont trn sd & fwd L); Bk L, bk R trng LF to
CP, sd & fwd L, fwd R (W fwd R, fwd L trng LF, sd & bk R, bk L) CBJO/DW;

9-12 THREE STEP; TRAVELING HOVER CROSS;; DOUBLE REVERSE ;
9 (Three Step SQQ;) Fwd L, -, fwd R, fwd L curving to CP LOD;
10-11 (Traveling Hover Cross SQQ; QQQQ;) Fwd R commence RF trn, -, sd L, (W heel
trn) sd R twd DW; Fwd L across R in contra-sidecar (W bk R with left sd
stretch), fwd & sd R CP, fwd L blend to CBJO, fwd L;
12 Double Reverse SO&O;) Reneat meas 1 of A:

**13-16 OPEN TELEMAR; OPEN NATURAL OVERTURNED; QUICK OUTSIDE SPIN SPIN TO CHAIR
&-SLIP;;**
13 (Open Telemark SQQ;) Fwd L start LF trn, -, sd R (W heel trn), sd & fwd L
SCP;
14 (Open Natural Overturned SQQ;) Fwd R commencing RF trn, -, sd & bk L, bk
R; (W Fwd L, -, fwd R between M's feet, fwd L BJO) fcg RDC;

ALL TO MYSELF (Cont)

15-16 (Quick Outside Spin Shin to Chair & Slip - &QQQQ; SQQ;) Slip LF very Slightly bk / fwd R around W l, sd leading(W l w d It around M foe spin cont RF fc / spin on It foe change weight to L TOE), sd I, with R held fwd in CBMP 1/2 R fc trn C:1' LOD (W R between M's feet), fwd R trng R F, fwd L commence turning lady to SCP (W fwd R); Fwd R SCI' DW on foes then lower and relax knee keep poise inclined well back,-, bk L in fallaway, slip bk R trng LF to DC (W Fwd L to CP);

-B-

1--4 CLOSE TELEMARK; DOUBLE NATURAL TELEMARK PREPARATION TO SAME FOOT LUNGE;;;

1 (Closed "telemark SQQ;) Fwd L commence LF trn, -, fwd & sd It cont trn, (W (reel trn) fwd & sd L CBJO D W;

2-4 (Double Natural 'telemark Preparation to Same Foot Lunge SQQ;QQQQ; SS) Fwd R commence RF trn,-, fwd L trng RF CP cont trn (W heel), sd & fwd R foot pointing DW hod y fcg LOD; fwd L small step SCAR lowering (W bk R), blending to CP DW fwd R between's ptr's feet trng strongly RF, sd & arnd lady L cont RF turn to fc (W foe trn), trng strongly to R on ball of l. fc COH close R to L no wt (W trns on ball of R & steps to sd & Irk L fcg RLOD); Lowering info L knee & reach sd & slightly fwd R with L sway (NN' relax L knee & reach bk with R foe well under body), -, transfer wt to R sway R look to mw transfer wt to R), -;

5--7 SWIVEL HINGE; LINK OUT SCI'; SLOW SIDE LOCK;

5 (Swivel Hinge SS;) Rec on L keep It extended (W rec on L swivel LF on ball of L to I'c DW), -, relax L knee slightly trng upper body LF (W relax L knee & point R fwd)

6 (Link Out SCP SQQ;) "Trng RF start rec on R leading lady to step fwd on It, finish rec on R trng RF (W sd L across in front of M), sd & NA SCP DC;

7 (Slow Side Lock SQQ;) Thru It twd I)C,-, sd L trng to CI', rising Ik RXIB (W LXIF)

8-11 'I'll R EE FALLAWAYS;;; SLIP TO CHANGE OF DIRECTION;

8-10 (Three Fallaways SOQ;SQQ;SQQ;) Fwd L DC trn LF, -, sd R, XLIB of R in fallaway L sway SCP fcg RIM'; 13k R (W trn LF) to CI' fwd l)C,-, long step L sd & fwd pointing DW, R XIB of L as in a left whisk It sway; Fwd L DW connrence to trn L,-, sd R cont trn, bk L twds DW no sway ladys head closed;

11 (Slip to Change of Direction QQS;) Slip R bk twd COH pivot LF holding l, in CBMP, fwd L DW trng LF, sd R DW draw L to R no wt CI' fcg I)C, -;

12-16 REVERSE WAVE;;; BACK FEATHER TO PROMENADE;;; JETS & CHANGE POINT WITH SWAY CHANGE;

12-13 (Reverse Wave SQQ;SQQ;) Repeat meas 2-3 of A starting I)C;;

14-15 Back Feather to Promenade SQQ;QQS;) Retreat mea 4 of A; Bk R down LOD in CP, sd & fwd L (W sd & fwd R) DW SCP, fwd II (W fwd L) twds DW swing body well info this step,-;

16 (Jete & Change point with sway change -&S&S) With slight spring action small step sd L trng lady square (I, longer step sd across in front of M) DW / relax L knee & point R diag fwd R shoulder leading (NV relax It knee & point L diag bk L shoulder leading), -, SLCOND TIME DANCE ENDS HERE close It to L / point L diag fwd L shouler leading with L sway(W close L to R / point R diag bk R shoulder leading)