

## ROCKIN' ALONE

Released: January 2012  
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Music: Rockin' Alone by The Everly Brothers  
CD Album: The Everly Brothers So Many Years, Track 15  
Available as a single download from amazon.com  
LP Album: Songs Our Daddy Taught Us (Cadence CLP-3016), Track 10  
Time/Speed: Time @ MPM: 3:09 @ 32 slowed to 95% - (Original speed as downloaded 3:00 @ 35 MPM)  
Footwork: Opposite unless indicated (Woman's footwork in parentheses)  
Rhythm/Phase: Waltz Phase II + 0 + 1 [Interrupted Box]  
Degree of Difficulty: AVG  
Sequence: INTRO A B C A B C [1-16] END

### MEAS: INTRODUCTION

#### 1-3 BFLY MAN FACING PARTNER & WALL LEAD FEET FREE WAIT 1 MEASURE ; SWAY LEFT & RIGHT ;:

- 1 {WAIT} M FCG partner & WALL lead feet free wait 1 measure ;
- 2 {SWAY L} Stp sd L shifting momentum of bdy twd L foot causing stretching of body on L sd, - - (W Stp sd R shifting momentum of bdy twd R foot causing stretching of the body on R sd, - -) ;
- 3 {SWAY R} Stp sd R shifting momentum of bdy twd R foot causing stretching of body on R sd, - - (W Stp sd L shifting momentum of bdy twd L foot causing stretching of the body on L sd, - -) ;

#### PART A

#### 1-4 WALTZ AWAY & TOGETHER ;: SOLO TURN 6 BFLY ;:

- 1 {WZ AWY & TOG} Keep trail hnds joined fwd L turning away from partner, sd & fwd R [to a slight bk-bk], cl L (W Keep trail hnds joined fwd R trng awy from partner, sd & fwd L [to a slight bk-bk], cl R) ;
- 2 Sd & fwd R trng to fc partner, sd & fwd L, cl R (W Sd & fwd L trng to fc partner, sd & fwd R, cl L) ;
- 3 {SOLO TRN TO BFLY} Fwd L commence LF trn awy from partner, cont trn sd R, cl L to comp 3/4 trn (W Fwd R commence RF trn awy from partner, cont trn sd L, cl R to comp 3/4 trn) ;
- 4 Bk R commence LF trn, cont trn side L, cl R to BFLY (W Bk L commence RF trn, cont trn sd R, cl L to BFLY) ;

#### 5-8 LACE UP ;: TO BFLY:

- 5 {LC ACRS} Passing bhd W w/ lead hnds jnd mvg diag acrs LOD fwd L, fwd R, cl L to LOP LOD (W Passing in front of M under jnd lead hnds & mvg diag acrs LOD fwd R, fwd L, cl R to LOP LOD) ;
- 6 {FWD WZ} Fwd R, fwd L, cl R (W Fwd L, fwd R, cl L) ;
- 7 {LC BK} Passing bhd W w/ trail hnds jnd mvg diag acrs LOD fwd L, fwd R, cl L to OP LOD (W Passing in front of M under jnd trail hnds & mvg diag acrs LOD fwd R, fwd L, cl R to OP LOD) ;
- 8 {FWD WZ TO BFLY} Fwd R, fwd L trng to fc partner, cl R end BFLY WALL (W Fwd L, fwd R trng to fc partner, cl L end BFLY COH) ;

#### 9-12 BALANCE LEFT & RIGHT ;: TWISTY VINE 3 ; FORWARD FACE CLOSE [CP WALL] ;

- 9 {BAL L & R} Sd L, bhd R, in place L (W Sd R, bhd L, in place R) ;
- 10 Sd R, bhd L, in place R (W Sd L, bhd R, in place L) ;
- 11 {TWSTY VIN 3} Sd L, XRib, sd L to BJO DLW (W Sd R, XLif, sd R BJO DRC) ;
- 12 {FWD FC CL TO CP WALL} Fwd R, fwd & sd L trng to fc partner, cl R to CP WALL (W Bk L, bk & sd R trng to fc partner, cl L CP COH) ;

#### 13-17 LEFT TURNING BOX ;: CANTER TO BFLY ;

- 13 {L TRNG BOX} Fwd L commence 1/4 LF trn, comp trn sd R, cl L (W Bk R commence 1/4 LF trn, comp trn sd L, cl R) ;
- 14 Bk R commence 1/4 LF trn, comp trn sd L, cl R (W Fwd L commence 1/4 LF trn, comp trn sd R, cl L) ;
- 15 Fwd L commence 1/4 LF trn, comp trn sd R, cl L (W Bk R commence 1/4 LF trn, comp trn sd L, cl R) ;
- 16 Bk R commence 1/4 LF trn, comp trn sd L, cl R ; (W Fwd L commence 1/4 LF trn, comp trn sd R, cl L) ;
- 17 {CANTER TO BFLY} Sd L, draw R to L, cl R BFLY WALL (W Sd R, draw L to R, cl L BFLY COH) ;

#### PART B

#### 1-4 WALTZ AWAY ; LADY WRAP TO LOD; FORWARD WALTZ ; PICKUP ;

- 1 {WZ AWY} Insd hnds jnd fwd L trng awy from partner to LOD, fwd R, cl L (W Insd hnds jnd fwd R trng awy from partner to LOD, fwd L, cl R) ;
- 2 {LADY WRP} Fwd R retaining insd handhold at waist level commence trng W LF, fwd L cont trng W LF to fc LOD, cl R jng lead hnds in front at chest height (W Fwd L retaining insd handhold at waist level commence LF trn, fwd R cont trng LF to fc LOD, cl L jng lead hnds in front at chest height) ;
- 3 {FWD WZ} Fwd L, fwd R, cl L (W Fwd R, fwd L, cl R) ;
- 4 {PU} Fwd R [short step], fwd L, cl R leading W to PU to end fcg CP LOD (W fwd L stepping in front of M trng LF, bk R, cl L blending to CP RLOD) ;

**5-8 PROGRESSIVE BOX; ; FORWARD WALTZ ; DRIFT APART ;**

- 5-6 {PROG BOX} Fwd L, sd R, cl L (W Bk R, sd L, cl R) ; Fwd R, sd L, cl R (W Bk L, sd R, cl L) ;  
 7 {FWD WZ} Fwd L, fwd R, cl L (W Bk R, bk L, cl R);  
 8 {DRIFT APT} Slightly fwd R, in place L, cl R to LOP FCG LOD (W Bk L, bk R, cl L to LOP FCG RLOD) ;

**9-12 THRU TWINKLE 2X CP LOD ; ; 2 LEFT TURNS TO WALL ; ;**

- 9 {THRU TWKL} Thru L commence trn to fc partner, sd R comp trn to fc partner, cl L (W Thru R commence trn to fc partner, sd L comp trn to fc partner, cl R) ;  
 10 {THRU TWKL CP LOD} Thru R commence trn to fc partner, sd L comp trn to fc partner, cl R to CP LOD (W Thru L commence trn to fc partner, sd R comp trn to fc partner, cl R to end CP RLOD) ;  
 11 {2 L TRNS WALL} Fwd L commence up to 1/4 LF trn, cont trn sd R diag acrs LOD trng up to 1/4 LF, cl L (W Bk R commence up to 1/4 LF trn, cont trn sd L twd LOD trng up to 1/4 LF, cl R) ;  
 12 Bk R commence up to 1/4 LF trn, cont trn sd L twd LOD turning up to 1/4 LF to CP WALL, cl R (W Fwd L commence up to 1/4 LF trn, cont trn sd R diag acrs LOD trng up to 1/4 LF to CP COH, cl L) ;

**13-17 LEFT TURNING BOX ; ; ; ; CANTER TO BFLY ;**

- 13-16 {L TRNG BOX} Same as Part A meas 13-16 ;  
 17 {CANTER TO BFLY} Sd L, draw R to L, cl R BFLY WALL (W Sd R, draw L to R, cl L BFLY COH) ;

**PART C****1-4 TWIRL VINE 3 TO 1/2 OP ; MAN ACROSS ; LADY ACROSS ; THRU PICKUP ;**

- 1 {TWRL VIN 3 TO 1/2 OP} With M's L & W's R hnds jnd sd L, XRib, sd L to 1/2 OP LOD (W Sd & fwd R trng 1/2 RF under jnd hnds, sd & bk L trng 1/2 RF, sd R to 1/2 OP LOD) ;  
 2 {M ACRS} Fwd R DIAG acrs LOD commencing RF trn, sd & bk L cont RF trn, fwd R endg in 1/2 LOP fcg LOD (W Fwd L [short stp], fwd R, fwd L blending to 1/2 LOP fcg LOD) ;  
 3 {LADY ACRS} Fwd L [short stp], fwd R, fwd L blending to 1/2 OP fcg LOD (W Fwd R DIAG acrs LOD commencing RF trn, sd & bk L cont RF trn, fwd R endg in 1/2 OP fcg LOD) ;  
 4 {THRU PU} Fwd R between partners w/ a crossing step commencing a LF body trn, fwd L, cl R (W Fwd L between partners w/ a crossing stp commencing a LF body trn, fwd R diag acrs LOD trng to fc partner & RLOD, cl L) ;

**5-8 INTERRUPTED BOX ; ; ; ; TO SCAR ;**

- 5 {INTERRUPTED BOX} Fwd L, sd R, cl L (W Bk R, sd L, cl R) ;  
 6 M raise L hnd to lead Lady to trn RF under lead hnds bk R, sd L, cl R (W Fwd L commence RF trn under raised lead hnds, fwd R cont trn, fwd L) ;  
 7 Fwd L, sd R, cl L CP LOD (W cont RF trn fwd R, fwd L, fwd R comp RF trn to CP RLOD) ; [W makes a full RF trn over meas 2 & 3]  
 8 Bk R, sd L, cl R to SCAR DLW (W Fwd L, sd R, cl L to SCAR DRC) ;

**9-12 3 PROGRESSIVE TWINKLES ; ; ; ; MANEUVER ;**

- 9 {PROG TWKL} XLif & fwd, sd & fwd R, cl L to BJO DLC (W XRib & bk, sd & bk L, cl R to BJO DRW) ;  
 10 {PROG TWKL} XRif & fwd, sd & fwd L, cl R to SCAR DLW (W XLib & bk, sd & bk R, cl L to SCAR DRC);  
 11 {PROG TWKL} XLif & fwd, sd & fwd R, cl R to BJO DLC (W XRib & bk, sd & bk L, cl R to BJO DRW);  
 12 {MANUV} Fwd R commence RF upper bdy trn, cont RF trn to fc partner & RLOD sd L, cl R CP RLOD (W Bk L commence RF upper body trn, cont RF trn to fc partner & LOD sd R, cl L) ;

**13-17 2 RIGHT TURNS TO WALL ; ; TWIRL VINE 3 ; THRU FACE CLOSE; CANTER TO BFLY ;**

- 13 {2 R TRNS TO WALL} Bk on L trng up to 1/4 RF, sd R twd LOD trng 1/8 RF, cl L CP DLC (W fwd R trng up to 1/4 RF, sd L DIAG acrs LOD trng up to 1/8 RF, cl R end CP DRW) ;  
 14 Fwd R trng up to 1/4 RF, sd L DIAG acrs LOD trng up to 1/8 RF to WALL, cl R CP WALL (W bk L trng up to 1/4 RF, sd R twd LOD trng up to 1/8 RF to COH, cl L end CP COH) ;  
 15 {TWRL VIN 3} With M's L & W's R hnds jnd M raise lead hnds for Lady to twrl under sd L, XRib, sd L end LOP FCG WALL (W Sd & fwd R trng 1/2 RF under jnd hnds, sd & bk L trng 1/2 RF, sd R end LOP FCG COH) ;  
 16 {THRU FC CL} Thru R between partners, fwd & sd L trng to fc partner, cl R to CP WALL (W Thru L between partners, fwd & sd R trng to fc partner, cl L to CP COH) ;  
 17 {CANTER TO BFLY} Sd L, draw R to L, cl R BFLY WALL (W Sd R, draw L to R, cl L BFLY COH) ;

**REPEAT PART A****REPEAT PART B****REPEAT PART C MEASURES 1-16****END****1 STEP APART**

- 1 {STP APT} Bk L (W Bk R) , [1 beat only]