

WE'RE ALL ALONE

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MUSIC: "We're All Alone" – Rita Coolidge **SPEED:** Slow from 32 to 29MPM

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SEQUENCE: Intro, A, B, C, B, C, Bridge, C (mod), Ending **RELEASED:** February 2026

RHYTHM: Slow Two-Step **PHASE:** VI **FOOTWORK:** Described for M - W opposite (or as noted)

INTRO

1 - 4 WAIT; WAIT; 2 LUNGE BASICS w/RIFF TURNS; 2ND ONE LADY TO WRAP LOD M TOUCH;

1-2 - Wait 2 measures in BFLY POS FCING WALL feet together w/trail foot free;;

3 - Sd R flexing knee,-, rec L leading W under lead hands, cl R to L (sd L flexing knee,-, rec R toe pointing DLC/spin RF 1 full turn under joined lead hands, cl L to R) to BFLY FCING WALL;

sq- 4 - Sd L flexing L knee,-, rec R trng slightly LF leading W under lead hands, tch L to R (sd R flexing knee,-,
(SQQ) rec L toe pointing DRC/spin ½ LF under joined lead hands, cl R to L) to end in WRAP POS FCING DLW;

NOTE: Same footwork now for first 5 measures of Part A.

PART A

1 - 4 SWEETHEART RUN 3; FRONT VINE 4; SWEETHEART RUN 3; SWEETHEART SWITCH;

1 - Sd & fwd L LOD,-, fwd & across R, sd & fwd L;

qqqq 2 - Fwd & across R, trng RF sd & bk L, bk & across R, trng LF sd & fwd L still in WRAP POS FCING DLW;

3 - Fwd & across R LOD,-, sd & fwd L, fwd & across R;

4 - Fwd L twd DLW trn sharply RF to brief TANDEM WRAP POS fcng COH,-, cont RF trn small sd R twd LOD, cont RF trn small fwd & across L completing ¾ RF trn allowing W in front of you to end having changed sides now in LEFT WRAP POS FCING DLC;

5 - 8 FWD & SLIDE TO VARSOUVIENNE R HANDS; HOLD LADY FWD TURN RIGHT & BREAK; TRADE PLACES TWICE;;

5 - Fwd R leading W in front comm to raise both hands in momentary TANDEM POS LOD,-, sd & fwd L cont to raise hands & change hands to end with L to L and R to R, fwd R (sd & fwd R in front of M,-, fwd L, fwd R) to end in momentary VARSOUVIENNE POS FCING LOD;

--qq 6 - Leaving L foot pointing bk twd RLOD hold & release joined L hands leading W fwd to trn RF to handshake,-,
(SQQ) bk L, rec R (fwd L trng ½ RF,-, bk R, rec L) to end offset fcng with a handshake M FCING LOD;

7 - Pull by ptr releasing R hand hold passing R shoulders fwd L trng ½ RF,-, join L hands apart R extending R arm out to sd, rec L M FCING RLOD;

8 - Pull by ptr releasing L hand hold passing L shoulders fwd R trng ½ LF,-, join R hands apart L extending L arm out to sd, rec R M FCING LOD;

9 -12 LADY FREE SPIRAL CROSS CHASSE TO BFLY; FALLAWAY RONDE & OPEN VINE; OUTSIDE ROLL TO BFLY; BASIC ENDING;

9 - Leading lady fwd w/R hands to spiral & release fwd & sd L LOD trng ¼ RF to fc WALL,-, sd R RLOD, XLIF of R (fwd R, free spiral ¼ LF to fc COH, sd L, XRIF of L) blending to brief BFLY POS FCING WALL;

10 - Sd R trng LF & ronde L ft CCW sd & bk to OPEN POS LOD,-, bk L RLOD, trng RF sd & fwd R re-joining lead hands (sd L trng RF & ronde R ft CW sd & bk,-, bk R RLOD, trng LF sd & fwd L) to LEFT OPEN REV;

11 - Fwd & across L,-, raising joined lead hands to lead W under RF sd & fwd R, fwd & across L (fwd & across R,-, fwd & sd L trng RF under joined lead hands, fwd R);

12 - Trng slightly LF blend to BFLY WALL sd R,-, XLIB of R, rec R;

13-15 2 HAND UNDERARM TURN TO HAMMERLOCK; WHEEL ½; CHANGE SIDES LADY INSIDE TURN & ROLL;

13 - Sd L raising lead hands but keeping trail hands joined low,-, XRIB of L, sd L (sd R,-, fwd & across L trng RF under lead hands, fwd R cont RF trn) to end lead hands joined out in front of M & trail hands joined at back of W's R hip in HAMMERLOCK POS M FCING WALL;

14 - Wheel ½ RF fwd R, fwd L, fwd R still in HAMMERLOCK POS M FCING COH;

15 - Fwd L twd COH trng ½ RF leading W under joined lead hands,-, sd R RLOD, XLIF of R leading W under lead hands again (fwd R twd WALL trng ½ LF under joined lead hands,-, trng LF fwd L RLOD, fwd R trng LF under lead hands again);

PART B**1 - 4 OPEN BREAK; ADVANCED SLIDING DOORS; TO STACK HANDS; PASSING ALTERNATING UNDERARM TURN INTO;**

- 1 - Sd R RLOD,-, apart L extending L arm out to sd, rec fwd & across R to offset w/partner W to your R;
- 2 - Taking W's lead hand down & to R to change it into your R hand leading W to trn LF fwd L,-, fwd R DRW w/slightly flexed knee, rec L (fwd R trng LF into M's R arm w/R hands joined behind your R hip,-, bk L, rec R comm RF trn);
- 3 - Bk R keeping R hand hold,-, bk L, rec R joining L hands under R (cont RF trn bk L,-, bk R, rec L) to end hands stacked R over L FCING ptr & WALL;
- 4 - Fwd L twd WALL raising R hands,-, fwd & sd R twd WALL trng LF raising L hands & lowering R hands, rec L cont LF trn under joined L hands (fwd R twd COH comm trng RF under joined R hands,-, fwd & sd L twd COH trng RF under joined L hands, rec R cont RF trn);

5 - 8 TURKISH BREAK FACE REV; R HANDS SLIDE & RUN 2; FWD 3 LADY ROLL UNDER LEFT; OPEN BASIC w/M'S HEAD LOOP;

- 5 - Cont LF trn sd R twd COH to M's Varsouvienne POS FCING RLOD,-, bk L w/slight RF body turn, rec R (cont RF trn sd L twd WALL,-, fwd R w/slight RF body turn, bk L) to M's VARSOUV POS FCING RLOD;
- 6 - Sd L twd WALL releasing L hands,-, fwd R, fwd L (sd R twd COH,-, fwd L, fwd R) to end R hands joined in front of W both FCING RLOD;
- 7 - Fwd R,-, taking R hands over W's head to lead her to roll L fwd L, fwd R (fwd L,-, fwd R/spiral 7/8 LF under joined R hands, cont LF trn fwd L);
- 8 - Trng RF sd & bk L taking joined R hands over your head as you scoop W up w/L arm,-, XRIB of L, rec L (trng LF sd & bk R allowing R arm to go over M's head,-, XLIF of R, rec R) to LEFT ½ OPEN POS LOD;

9-12 LADY SWITCH; TRAVELING RIGHT TURN; FORWARD FACE CLOSE; TWIST VINE 3;

- 9 - Fwd R leading W across & scooping ptr up w/R arm,-, fwd & sd L, fwd & across R (fwd L DLW changing sides & sharply trng RF,-, fwd & sd R, fwd & across L) to end in V-shape ½ OPEN POS FCING LOD;
- 10 - Folding RF in front of W sd & bk L to CP RLOD,-, XRIB of L pressure wgt, twist trn 5/8 RF on both feet to fc DLW & shift full wgt bk to L (fwd R LOD between M's feet,-, cont RF trn around M fwd L twd WALL, fwd R twd RLOD checking) to end CONTRA BJO M FCING DLW;
- 11 - Fwd R LOD,-, trng RF sd L, cl R to L (bk L LOD,-, trng RF sd R, cl L to R) to end CP FCING WALL;
- 12 - Trng RF sd & bk L LOD,-, XRIB of L, trng LF sd & fwd L to BJO DLW;

13-15 MANEUVER PIVOT 2 FC WALL; TWISTY BASIC; LUNGE BASIC TO SEMI;

- 13 - Fwd R DLW trng RF to CP DRW,-, cont RF trn bk L LOD pivot 3/8 RF, cont RF trn fwd R LOD pivot ¼ RF to CP WALL;
- 14 - Trng slightly RF sd & bk L LOD,-, XRIB of L, rec L (trng slightly RF sd & fwd R,-, XLIF of R, rec R);
- 15 - Trng slightly LF sd R flexing R knee,-, rec L, fwd & across R blending to momentary SCP LOD;

PART C**1 - 4 CIRCULAR TRIPLE TRAVELER;; TO BFLY; BASIC ENDING LADY WRAP FACE LINE;**

- 1 - Fwd L LOD raising lead hands,-, fwd & sd R, fwd & across L (fwd R DLC in front of M, spiral ¾ LF, cont LF trn fwd & sd L, fwd R cont trng LF under joined lead hands) to end in LEFT OPEN POS V-SHAPE LOD;
- s-- 2 - Fwd & across R twd COH, turn LF on R under joined lead hands, hold as you lead W like a lariat (fwd & sd L shaping RF to M,-, strongly curving RF around M fwd R, fwd L) to end in L OPEN V-SHAPE RLOD;
- (SQQ) 3 - Fwd & across L RLOD,-, raising joined lead hands to lead W under RF sd & fwd R, fwd & across L (fwd & across R,-, fwd & sd L trng RF under joined lead hands, fwd R) sill in V-shape L OPEN POS FCING RLOD;
- 4 - Trng LF sd & bk R joining trail hands low,-, XLIB of R leading W w/lead hands to trn LF, rec R (sd & fwd L RLOD,-, fwd & across R trng LF under joined lead hands, rec L) to end in WRAP POS FCING DLW;

5 - 8 SWEETHEART RUN LADY CHECK & TUNNEL UNDER; M PASS HER BY; PULL PASS; RECOVER RONDE LADY SPIRAL & CIRCULAR WALK;

- 5 - Sd & fwd L LOD,-, fwd & across R, sd & fwd L (fwd & across R,-, fwd L, fwd R check leaving L foot back);
- 6 - Lifting R elbow to assist W to duck under trng RF fwd R,-, fwd & sd L cont RF trn, XRIF of L (rk bk L w/strong pressure weight as you tuck your chin down & tilt your torso fwd,-, rec full weight to R, fwd L) to end trail hands joined crisscrossed over lead hands M FCING DRW W FCING LOD;
- s-Q 7 - Bk & sd L LOD,-, trng RF to face DLC while strongly leading W fwd on inside of circle, sd & fwd R leaving L ft pointed sd & bk twd RLOD (W fwd R while delaying fwd body movement,-, fwd L, fwd R up to M's chest) to end M FCING DLC & W still FCING LOD hands still joined crisscrossed as before;
- (SQQ)

