

Du Allein

Choreographer: Jan Trinkaus with Christian Schidler – Germany

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Music: *Du allein* by Original (German) Cast of "Starlight Express", CD "Starlight Express", Track 17 – 3:52 – Speed up for more comfort + 5% to + 10%

Music available from iTunes:

<https://music.apple.com/de/album/du-allein/1440921080?i=1440921966>

Phase III + 2
(Hip Rocks, Opening Out)
Difficulty: Easy
Bolero

Intro – A – B – C – D – E – Ending

INTRO

(1-4) Wait 1 meas about 6 feet apart, Back to Back Position, Both standing on Trail foot, Lead feet & pointed back; Slow Turn to face on Trail foot; Bolero Walks together;;

Measure Cue	Leader (M)	Follower (W)
1	Wait 1 meas about 6 feet apart, Back to Back Position, Both standing on Trail foot, Lead feet & pointed back;	
2 Turn to face;	Turing left face ½ on trail to face partner;	Turing right face ½ on trail to face partner;
3-4 Bolero Walks;;	Forward left with body rise, -, forward right, forward left; forward right with body rise, -, forward left, forward right;	Forward right with body rise, -, forward left, forward right; forward left with body rise, -, forward right, forward left;

A

(1-4) Basic;; Underarm Turn; Lunge Break;

(5-8) Fence Line; New Yorker; Half Basic; Hip Lift;

(9-12) Basic;; Underarm Turn; New Yorker;

(13-16) Hip Rocks (SQQ); Forward Break; Cross Body; Lunge Break;

1-2 Basic;;	Side left with body rise, -, back right with slipping action, forward left; side right with body rise, -, forward left with slipping action, back right;	Side right with body rise, -, forward left with slipping action, back right; side left with body rise, -, back right with slipping action, forward left;
3 Underarm Turn;	Side left with body rise, -, cross right in back of left lowering, forward left;	Side right with body rise commence right face turn under joined lead hands, -, cross left in front lowering and continue turning 1/2 right face, forward right complete right face turn to face partner;
4 Lunge Break;	Side and forward right with body rise to Left Open Facing, -, commence slight right face body turn lowering on right leading woman back extend left to side and back, commence slight left face body turn rising on right to recover;	Side and back left with body rise to Left Open Facing, -, back right with contra check like action, forward left;
5 Fence Line;	Side left with body rise, -, cross right lunge thru with bent knee looking in the direction of lunge, back left;	Side right with body rise, -, cross left lunge thru with bent knee looking in the direction of lunge, back right;
6 New Yorker;	Side right with body rise, -, forward left with slipping action lowering and commence turn to side by side position, back right commence turn to face partner;	Side left with body rise, -, forward right with slipping action lowering and commence turn to side by side position, back left commence turn to face partner;

7 ½ Basic;	A 1	
8 Hip Lift;	Side right bringing left foot to right foot, -, with slight pressure on left foot lift hip, lower hip;	Side left bringing right foot to left foot, -, with slight pressure on right foot lift hip, lower hip;
9-11	A 1-3 A 6	
13 Hip Rocks;	Side left, -, side right, side left;	Side right, -, side left, side right;
14 Forward Break;	Side and forward right with body rise to Left Open Facing, -, forward left with contra check like action, back right;	Side and back left with body rise to Left Open Facing, -, back right with contra check like action, forward left;
15 Cross Body;	Side and back left turning left face, -, back right with slipping action turning left face, forward left turning left face;	Side and forward right, -, forward left crossing in front of man turning left face, small side right;
16 Lunge Break;	A 4	

B

- (1-4) Opening Out 2x;; Underarm Turn; Lunge Break;
(5-8) Opening Out; New Yorker 2x;; Fence Line;
(9) Syncopated Hip Rocks (SQ&Q);

1-2 Opening Out 2x;;	Close left with body rise commence body rotation left face, -, lower on left foot complete upper body turn and extend right foot to side, rise and rotate in low Butterfly Position; Close right with body rise commence body rotation right face, -, lower on right foot complete upper body turn and extend left foot to side, rise and rotate in low Butterfly Position;	Side right and back with body rise commence body rotation to match partner, -, cross left in back lowering, forward right in low Butterfly Position; Side left and back with body rise commence body rotation to match partner, -, cross right in back lowering, forward left in low Butterfly Position;
3-7	A 3 A 16 B 1 A 6 A 12	
8 Fence Line;	Side right with body rise, -, cross left lunge thru with bent knee looking in the direction of lunge, back right;	Side left with body rise, -, cross right lunge thru with bent knee looking in the direction of lunge, back left;
9 Sync Hip Rocks;	Side left, -, side right/ side left, side right;	Side right, -, side left/ side right, side left;

C

- (1-4) Half Basic; Forward Break; Underarm Turn; Lunge Break;
(5-7) Fence Line; New Yorker, Syncopated Hip Rocks (SQ&Q);

1-7	A 1 A 14 A 3-4 A 5-6 B 9
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D

- (1-4) Opening Out 3x;;; New Yorker;
(5-7) Shoulder to Shoulder; Spot Turn; Hip Rocks (SQQ); Open Break;

1-4	B 1-2 B 1 A 6	
5 Shoulder to Shoulder;	Side left with body rise, -, cross right in front to Butterfly Banjo Position lowering, back left to face partner;	Side right with body rise, -, cross left in back to Butterfly Banjo Position lowering, forward right to face partner;
6 Spot Turn;	Facing partner side right with body rise commence body turn, -, cross left in front lowering and continue turn on crossing foot 1/2, forward right complete turn 1/4 to face partner;	Facing partner side left with body rise commence body turn, -, cross right in front lowering and continue turn on crossing foot 1/2, forward left complete turn 1/4 to face partner;

7 Hip Rocks;	A 13	
8 Open Break;	Side and back right with body rise to Left Open Facing, -, back left lowering, forward right;	Side and back left with body rise to Left Open Facing, -, back right lowering, forward left;

E

- (1-4) Cross Body; Lunge Break; Opening Out 2x;;
- (5-8) Basic;; Hand To Hand; Hip Lift;
- (9-12) Cross Body; Forward Break; Fence Line; New Yorker;
- (13-16) Fence Line; Reverse Underarm Turn; Half Basic; Forward Break;

1-6	A 15-16 B 1-2 A 1-2	
7 Hand To Hand;	Side left with body rise, -, swiveling ¼ on left foot to Left Open step back right lowering forward left turning to face;	Side right with body rise, -, swiveling ¼ on right foot to Open step back left lowering forward right turning to face;
8-13	A 8 A 15 A 14 A 5-6 A 5	A 8 A 15 A 14 A 5-6 A 5
14 Rev Underarm T;	Side right with body rise, -, cross left in front of right lowering, back right;	Side left with body rise commence left face turn under joined lead hands, -, cross right in front lowering and continue turn 1/2 left face, forward left complete left face turn to face partner;
15-16	A 1 A 14	

Ending

- (1-4) Cross Body; Lunge Break; New Yorker; Fence Line;
- (5-8) Basic;; Hand to Hand; Reverse Underarm Turn;
- (9-12) Opening Out 3x Slowing Down;;;
 - Start Opening Out Join Left Hands Woman Sit Shape & Look;

1-11	A 15-16 A 6 B 8 A 1-2 E 7 E 14 B 1-2 B 1	
12	Close right with body rise commence body rotation right face joining left hands, -, lower on right foot complete upper body turn and extend left foot to side shape towards partner bring right arm up, -;	Side left and back with body rise commence body rotation to match partner joining left hands, -, cross right in back lowering shape towards partner bring right arm up, -;

Du Allein

Bolero – Phase III + 2 (Hip Rocks, Opening Out) – Difficulty: Easy by Jan Trinkaus with Christian Schidler – Germany

INTRO

(1-4) Wait 1 meas about 6 feet apart, Back to Back Position, Both standing on Trail foot, Lead feet & pointed back; Slow turn around on Trail foot; Bolero Walks together;;

A

(1-4) Basic;; Underarm Turn; Lunge Break;

(5-8) Fence Line; New Yorker; Half Basic; Hip Lift;

(9-12) Basic;; Underarm Turn; New Yorker;

(13-16) Hip Rocks (SQQ); Forward Break; Cross Body; Lunge Break;

B

(1-4) Opening Out 2x;; Underarm Turn; Lunge Break;

(5-8) Opening Out; New Yorker 2x;; Fence Line;

(9) Syncopated Hip Rocks (SQ&Q);

C

(1-4) Half Basic; Forward Break; Underarm Turn; Lunge Break;

(5-7) Fence Line; New Yorker; Syncopated Hip Rocks (SQ&Q);

D

(1-4) Opening Out 3x;;; New Yorker;

(5-7) Shoulder to Shoulder; Spot Turn; Hip Rocks (SQQ); Open Break;

E

(1-4) Cross Body; Lunge Break; Opening Out 2x;;

(5-8) Basic;; Hand To Hand; Hip Lift;

(9-12) Cross Body; Fwd Break; Fence Line; New Yorker;

(13-16) Fence Line; Rev Underarm Turn; Half Basic; Forward Break;

Ending

(1-4) Cross Body; Lunge Break; New Yorker; Fence Line;

(5-8) Basic;; Hand to Hand; Rev Underarm Turn;

(9-12) Opening Out 3x Slowing Down;;;

Start Opening Out Join Left Hands Woman Sit Shape & Look;