



Alabaster Box



Choreographer: Jim & Kathie Kline, 207 N. Mason Street, Smithfield, VA 23430

Email: jim@kallingkline.com; **Released:** February 2017

Record: Cece Winans; "Alabaster Box" CD, Track 4 (1999); D/L @ Amazon.com

Time/Speed: 5:33 @ 100%

Rhythm: Bolero; Phase V; **Difficulty:** Average

Footwork: Opposite unless noted (Woman's footwork in parenthesis)

Note: *This music is rubato requiring the dancers to dance with expressive rhythmic freedom encompassing slight speed changes.*

Sequence: INTRO, A, B, BRDG, A, B, A, B, BRDG (OR OPT END), A, B, END

INTRODUCTION

1-4 (NO HANDS, FCG) WAIT 1 ; MAN EXTEND LEAD HAND THEN LADY JOINS LEAD HAND ; CLOSE UP TOUCH (CUDDLE POSITION) ; CUDDLE ;

1-2 no hnds, OP fcg, wait 1 meas; M ext ld hnd,-, W follows by jng ld hnd,-;

3-4 stp tog L to cuddle pos,-, tch R,-; sd R w/stretch,-, sd L (W trn bk R opng RF), rec R & fwd (W trng LF) to CPW;

5-8 TURNING BASIC ;; TIMESTEP TWICE ;;

5-6 Sd L,-, trng ¼ LF with slp pvt bk R, sd & fwd L cont trn ¼ DLC; sd R,-, fwd L with contra chk like action, rec R;

7-8 sd L brng finger tips tog in frnt of chest, -, XRIB of L (W XLIB of R) ext arms out to both sds, rec L; sd R bring finger tips tog in frnt of chest, -, XLIB of R (W XRIB of L) ext arms out to both sds, rec R;

9-12 CROSS BODY ; LUNGE BREAK SLOWING AND HOLD ; OPENING OUTS TWICE ;;

9-10 sd & bk L trng LF, -, bk R w/slipping action, fwd L cont trn (W sd & fwd R, -, fwd L xif of M trng LF, sm step sd R) OP fcg COH; sd R OP fcg WALL ld hnds jnd,-, lower on R extend L sd & bk with a long hold, rec rising on R (W sd,-, bk R to contra chk like action with a long hold, rec & fwd L);

11-12 sd & fwd L with body rise,-, lower & extend sd & bk R, rec with a rise & tch R (W sd and bk R,-,XLIB, fwd R); sd & fwd R with body rise,-, lower & extend sd & bk L, rec with a rise & tch L (W sd and bk L,-,XRIB, fwd L);

PART A

1-4 HALF BASIC ; NEW YORKER ; AIDA PREP ; AIDA LINE W/2 ROCKS ;

1-2 sd L with body rise,-, bk R with slipping action, fwd L; sd R with body rise, -, XLIF trng RF to OP RLOD, bk R trng LF to fc ptr;

3-4 sd L trng LF to slght op `V' pos, -, thru R comm RF trn (W LF), bk L cont RF trn to LOP RLOD; bk R to bk to bk `V' pos, -, rk fwd L, rec bk R;

5-8 SWITCH (CROSS) ; TIME STEP ; UNDERARM TURN ; FORWARD BREAK (SLOWING);

- 5-6 trng LF to fc ptr sd L,-rec R, XLIF; sd R bring finger tips tog in frnt of chest, -, XLIB of R (W XRIB of L) ext arms out to both sds, rec R;
- 7-8 Sd L w/body rise, -, raise lead hnds to allow W to comm. RF underarm trn XRIB & lower, rec L (W sd R w/body rise, -, comm RF trn undr lead hnds XLIF lower & trn ½ RF,fwd R); sd & fwd R to LOP,-, chk fwd L soft knee, rec/bk R (W sd & bk L, -, bk R with contra chk action, rec & fwd L,);

PART B

1-4 SHOULDER TO SHOULDER ; CRABWALKS ;; (START) HALF MOON ;

- 1-2 sd L, -, XRIF (W XLIB) to BFLY/BJO, rec L; sd R with body rise,-, XLIF, sd R;
- 3-4 XLIF with body rise,-, sd R, XLIF; sd R start RF trn slight 'V' shape twd ptr,-,cont trn to fc RLOD fwd R, rec bk L trng to fc ptr (W sd L start LF trn,-,cont trn to fc RLOD fwd R, rec bk L trng to fc ptr);

5-8 (FINISH) HALF MOON ; FENCELINE ; LEFT PASS ; BASIC ENDING ;

- 5-6 sd L,-,trng LF bk R fcg LOD, cont trn fwd L fc COH (W sd R,-,fwd L in front of M trng LF, bk R cont trn); sd R,-,lunge thru L; sd R w/body rise, -, XLIF ckng, rec R;
- 7-8 sd & fwd L trng ¼ LF DRW shape to W, -, rec bk R soft knee cont trng LF, sd & fwd L to LOP (W fwd R trng RF bk to M,-, sd & fwd L with strong trn LF, bk R to fc M); sd R with body rise,-, bk L with slipping action, fwd R;

BRIDGE

1 RIFF TURN (SLOWLY) ;

- 1 SD L raise lead hnds to start W into RF spin, cl R as W completes spin, sd L, close R (W sd & fwd R comm. RF spin, cl L to R complete one full RF spin,repeat spin R, L);

ENDING

1-1.5 RIFF TURN 1 ½ ;

- 1-1.5 SD L raise lead hnds to start W into RF spin, cl R as W completes spin, sd L, close R; (W sd & fwd R comm. RF spin, cl L to R complete one full RF spin, repeat spin R, L) sd L, close R (repeat spin R, L);

2-5 BASIC (SLOWING) ;; FWD TO A PROMENADE SWAY ; OVERSWAY ;

- 2-3 sd L with body rise,-, bk R with slipping action, fwd L; sd R with body rise,-, bk L with slipping action, fwd R;
- 4-5 sd & fwd L stretching body upward to look over jnd lead hnds, relax L knee; without wt chg, chg stretch of body & head pos with slight upper body rotation, M & W slowly trn heads to look lod;

(OPTIONAL END)

Fading music beginning at 3:58

1 RIFF TURN ;

- 1 sd & fwd L stretching body upward to look over jnd lead hnds, relax L knee, without wt chg, chg stretch of body & head pos with slight upper body rotation, M & W slowly trn heads to look lod;

Alabaster Box Head Cues

Jim & Kathie Kline; February 2017

Cece Winans; "Alabaster Box", Track 4 (1999); Reduce speed 9%

Bolero; Phase V

Note: *This music is rubato requiring the dancers to dance with expressive rhythmic freedom encompassing slight speed changes.*

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INTRODUCTION

- 1-4 (NO HANDS, FCG) WAIT 1 ; MAN EXTEND LEAD HAND THEN LADY JOINS LEAD HAND ; CLOSE UP TOUCH (CUDDLE POSITION) ; CUDDLE ;
- 5-8 TURNING BASIC ;; TIMESTEP TWICE ;;
- 9-12 CROSS BODY ; LUNGE BREAK SLOWING AND HOLD ; OPENING OUTS TWICE ;;

PART A

- 1-4 HALF BASIC ; NEW YORKER ; AIDA PREP ; AIDA LINE W/2 ROCKS ;
- 5-8 SWITCH (CROSS) ; TIME STEP ; UNDERARM TURN ; FORWARD BREAK (SLOWING);

PART B

- 1-5 SHOULDER TO SHOULDER ; CRABWALKS ;; HALF MOON ;;
- 6-8 FENCELINE ; LEFT PASS ; BASIC ENDING ;

BRIDGE

- 1 RIFF TURN (SLOWLY) ;

PART A

- 1-4 HALF BASIC ; NEW YORKER ; AIDA PREP ; AIDA LINE W/2 ROCKS ;
- 5-8 SWITCH (CROSS) ; TIME STEP ; UNDERARM TURN ; FORWARD BREAK (SLOWING);

PART B

- 1-5 SHOULDER TO SHOULDER ; CRABWALKS ;; HALF MOON ;;
- 6-8 FENCELINE ; LEFT PASS ; BASIC ENDING ;

PART A

- 1-4 HALF BASIC ; NEW YORKER ; AIDA PREP ; AIDA LINE W/2 ROCKS ;
- 5-8 SWITCH (CROSS) ; TIME STEP ; UNDERARM TURN ; FORWARD BREAK (SLOWING);

PART B

1-5 SHOULDER TO SHOULDER ; CRABWALKS ;; HALF MOON ;;
6-8 FENCELINE ; LEFT PASS ; BASIC ENDING ;

OPTIONAL END (FADE OUT MUSIC BEGINNING AT 3:58)

1 FWD TO A PROMENADE SWAY ;

BRIDGE

1 RIFF TURN (SLOWLY) ;

PART A

1-4 HALF BASIC ; NEW YORKER ; AIDA PREP ; AIDA LINE W/2 ROCKS ;
5-8 SWITCH (CROSS) ; TIME STEP ; UNDERARM TURN ; FORWARD BREAK
(SLOWING);

PART B

1-5 SHOULDER TO SHOULDER ; CRABWALKS ;; HALF MOON ;;
6-8 FENCELINE ; LEFT PASS ; BASIC ENDING ;

ENDING

1-1.5 RIFF TURN 1 ½ ;
2-5 BASIC (SLOWING) ;; FWD TO A PROMENADE SWAY ; OVERSWAY ;