ALPINE STROLL Arranged by Ian & Sue Webster, 2006

Time: 4/4. Tempo: 36 bpm. Commence both facing LOD in shadow hold, with Man's RH around Lady's waist. Man's steps described only. Lady dances normal counterpart except as stated. Bars 1 - 7 danced on "Same Leg".

Bar		Count
	WALKS * LOCK * BOX WITH TURN TO R	
1	LF fwd down LOD	S
	RF fwd down LOD, preparing to turn R	S
2	LF fwd facing DW	Q
	RF crosses behind LF	Q
	LF fwd facing DW, preparing to turn L	S
3	RF fwd facing LOD	S
	LF to side to centre	Q
	RF closes to LF	Q
4	LF back against LOD, com to turn R, releasing RH hold	S
	RF to side pointing DW against LOD, moving behind Lady into L shadow position, taking Lady's RH in RH hold at shoulder height	Q
	LF closes to RF facing DW against LOD	Q
	WALK TO CHECK * REVERSE MOVEMENT TO R SHADOW POSITION * WALKS * CHANGE TO OPEN PP	
5	RF to side & slightly fwd facing DW against LOD	S
	LF fwd & across in CBMP facing DW against LOD, check	S
6	RF back in CBMP backing DC, com to turn L	S
	LF to side pointing to LOD, moving behind Lady to R shadow position, retaining hold	Q
	RF closes to LF facing LOD	Q
7	LF fwd down LOD	S
	RF fwd down LOD	S
8	LF fwd down LOD, turning R (Lady turning L) passing R arms over Lady's head, all four hands placed centrally above Lady's head,	Q
	RF closes to LF ww in PP, end facing DW, releasing hold and adopting double hold (Lady RF closes to LF with weight, end facing DC)	Q
	RF to side & slightly back in PP on same alignment	S

CHASSES & SWIVELS IN PP/CPP

9	LF to side in PP along LOD, pointing DW	Q
	RF closes to LF slightly back in PP facing DW	Q
	LF to side in PP along LOD, pointing DW	S
10	RF fwd & across in CBMP & PP along LOD, pointing DW, then swivel to R on RF, closing LF to RF slightly back ww, end facing DW against LOD	S
	LF fwd & across in CBMP & CPP against LOD, pointing DW against LOD	S
11	RF to side in CPP against LOD pointing DW against LOD	Q
	LF closes to RF slightly back in CPP facing DW against LOD	Q
	RF to side in CPP against LOD, pointing DW against LOD	S
12	LF fwd & across in CBMP & CPP against LOD, pointing DW against LOD, then swivel to L on LF, closing RF to LF slightly back ww, end facing DW	S
	RF fwd & across in CBMP & PP down LOD, still in double hold, preparing to turn L (Lady R)	S

OUTWARD TURN * INWARD TURN * BREAKAWAY BOX

13	Releasing LH to RH hold & lowering joined hands to waist level, LF fwd down LOD, still turning	S
	RF to side pointing DC (Lady DW)	Q
	LF closes to RF, facing DC, bodies in 'V' shape, joined hands raised to shoulder level, preparing to turn R (Lady L)	Q
14	RF fwd down LOD, still turning	S
	LF to side along LOD	Q
	RF closes to LF facing wall & partner, resuming double hand hold, palm to palm at shoulder level	Q
15	Releasing hold, LF back to centre, moving away from partner (Lady RF back to wall)	S
	RF to side against LOD	Q
	LF closes to RF	Q
16	RF fwd to wall & partner (Lady LF fwd to centre)	S
	LF fwd to wall, then swivel 1/4 L (Lady 1/4 R)	Q
	RF closes to LF, end facing LOD, adopting shadow hold to recommence (Lady LF closes to RF ww)	Q