



A SEAL'S LAMENT IN ALASKA

Choreographers:	Release date: May 2018
Annette & Frank Woodruff	Rhythm & Phase: Waltz III+2 (Telemark, In & Out Runs) +1 (L-Turning Box with Lace)
	Music: La Complainte du Phoque en Alaska, Eddy Mitchell & Nolwenn Leroy, see music links*
Rue du Camp, 87 7034 Mons, Belgium Tel: 3265 73 19 40	Time & Speed: Download length 5:06, Cut at 3:50, Faded out from 3:40.
	Footwork: Opposite except where indicated (W's footwork in parentheses)
annetteandfrank@gmail.com	Sequence: INTRO – ABC – AB – A – C (1-18) - Ending

Teaching Tip: This dance features both “**L-Turning Box With Lace**” (unphased) and “**Interrupted Box**” (WZ III), both popular box variations.

INTRODUCTION

	Wait 3 pick up notes	Open-Facing WALL lead foot free
1	Apart Point ;	Apt L, pt R twd ptr, - ;
2	Pick Up Touch ;	Tog R (<i>W fwd L folding in frnt of M</i>), tch L to CP LOD, - ;
3 - 5	L Turning Box ¾ ;;;	Fwd L comm ¼ LF trn, compg trn sd R, cl L to CP COH ; bk R comm ¼ LF trn, compg trn sd L, cl R to CP RLOD ; fwd L comm ¼ LF trn, compg trn sd R, cl L to CP WALL ;
6	Back ½ Box ;	Bk R, sd L, cl R ;
7	Twirl Vine to SCP ;	W/ jnd ld hnds held high sd L, XRib, sd L (<i>W full RF trn undr hnds fwd R, sd & bk L, fwd R</i>) to SCP LOD ;
8	Pick Up Side Close ;	Sm fwd R, sd L to CP LOD, cl R (<i>W trng LF fwd L folding in front of M, sd R to CP, cl L</i>) ;

PART A

1	Forward Waltz ;	Fwd L, fwd & sd R, cl L ;
2	Maneuver ;	Trng RF fwd R between W's ft, sd L contg trn to CP RLOD, cl R (<i>W bk L trng RF, sd R contg RF trn, cl L</i>) ;
3 - 6	R Turning Box ;;;	Bk L comm ¼ RF trn, compg trn sd R, cl L to CP COH ; Fwd R comm ¼ RF trn, compg trn sd L, cl R to CP LOD ; Bk L comm ¼ RF trn, compg trn sd R, cl L to CP WALL ; Fwd R comm ¼ RF trn, compg trn sd L, cl R to CP RLOD ;
7	Spin Turn ;	Bk L pvtg 3/8, fwd R down LOD between ptr's ft heel to toe & leavg L xtnd bk, trng RF sd & bk L to end bkg DLC (<i>W Fwd R between ptr's ft pvtg 3/8, contg RF trn bk & slightly sd L across the LOD risg brush R to L, trng RF sd & fwd R between ptr's ft</i>) to CP DLW ;
8	Box Finish LOD ;	Bk R, sd L trng 1/8 LF to face LOD, cl R to CP LOD ;
9 - 12	L Turning Box With Lace ;;;;	Fwd L comm ¼ LF trn, compg trn sd R, cl L (<i>W bk R comm ¼ LF trn, compg trn sd L, cl R</i>) to CP COH ; Bk R comm ¼ LF trn raisg jnd ld hnds, compg trn sd L, cl R to fc RLOD (<i>W fwd L into M relg L hnd, curvg RF fwd R under hnds, fwd L still curvg RF undr hnds to fc DRW, almost in LOP RLOD at this point</i>) ; Fwd L comm ¼ LF trn, compg trn sd R, lowering hnds cl L (<i>W contg RF curve fwd R still undr hnds, fwd L still curvg RF, sm fwd R</i>) to CP WALL ; Bk R comm ¼ LF trn, compg trn sd L, cl R (<i>W fwd L comm ¼ LF trn, compg trn sd R, cl L</i>) to CP LOD ; [this tentative unphased variation may be replaced with the phase III one described in Part B, “Interrupted Box” if so preferred.]
13	Telemark to SCP ;	Fwd L risg comm LF trn, sd & arnd ptr R bkg LOD, contg LF trn sd & fwd L twd DLW (<i>W Bk R & nearly straighten legs leavg ft flat, bring L beside R w/o wght then trn on heel of R to face DLW then Xfer wght to the flat of the L ft, contg LF trn sd & fwd R twd DLW</i>) to SCP DLW ;
14 - 15	In & Out Runs ;;	XLif, sd R w/ rise trng LF, rec L to BJO DLC ;Trng RF fwd R, sd & bk L in frnt of W to CP RLOD, bk R (<i>W fwd L, fwd R between M's ft, fwd L</i>) to BJO RLOD ; trng RF bk L, contg trn fwd R between W's ft, sd & fwd L (<i>W trng RF fwd R, contg trn sd L in frnt of M, contg trn brush R to L & step fwd & sd R</i>) to SCP DLC ;

16 (1 st & 2 nd time)	Pick Up Side Close ;	Sm fwd R, sd L to CP LOD, cl R (<i>W trng LF fwd L folding in front of M, sd R to CP, cl L</i>) ;
16 (3 rd time)	Thru Face Close to BFLY ;	Thru R & trn to fc, sd L, cl R to BFLY WALL ;

PART B

1 - 2	2 L Turns to DLW ;;	Fwd L stg LF upper bdy trn, contg trn sd & bk R, cl L to CP RLOD ; bk R stg LF upper bdy trn, contg trn sd & fwd L, cl R to CP DLW ;
3	Whisk ;	Fwd L, fwd & sd R stg rise to ball of ft to SCP DLC, XLib cont to full rise ;
4	Wing DLW ;	Fwd R, draw L, tch L (<i>W fwd L begin to X in frnt of M, fwd R contg to X in frnt of M, fwd L</i>) to SCAR DLW ;
5	Cross Hover to BJO ;	XLif, sd R w/ rise trng LF, rec L to BJO DLC ;
6	& to SCAR ;	XRif, sd L w/ rise trng RF, rec R to SCAR DLW ;
7	& to SCP LOD ;	XLif, sd R w/ rise trng LF, rec L (<i>W XRib, sd L w/ strong RF bdy trn, sd & fwd R</i>) to SCP LOD ;
8	Thru Face Close to CP ;	Thru R & trn to fc, sd L, cl R to CP WALL ;
9 - 12	Interrupted Box ;;;;	Fwd L, sd R, cl L ; bk R w/ slight RF upper bdy rotation & raisg ld hnds, sd L ldg W to begin RF curve undr jnd hnds, cl R (<i>W fwd L w/ slight RF upper bdy rotation, fwd R commence full RF circle under jnd ld hnds, fwd L curvg RF</i>) ; fwd L, sd R, cl L (<i>W fwd R curvg RF, fwd L curvg RF, fwd R completing rotation to CP</i>) ; back R, sd L, cl R ;
13	Hover ;	Fwd L, fwd & sd R rise to ball of ft, rec L to SCP LOD ;
14	Thru Hover to BJO ;	Thru R, fwd & sd L risg & leavg R extended bk , rec R to BJO bkg RLOD & prepg for ptr to step outsd (<i>W Thru L comm LF trn, sd & bk R contg trn & brush L to R, sd & fwd L prepg to step fwd outsd ptr in BJO</i>) ;
15	Back Hover to SCP ;	Bk L, sd & bk R w/ slight rise, rec L (<i>W fwd R comm RF trn, sd & fwd L contg trn & brush R to L, sd & fwd R</i>) to SCP DLC ;
16 (1 st time)	Thru Face Close to BFLY ;	Thru R & trn to fc, sd L, cl R to BFLY WALL ;
16 (2 nd time)	Pick Up Side Close ;	Sm fwd R, sd L to CP LOD, cl R (<i>W trng LF fwd L folding in front of M, sd R to CP, cl L</i>) ;

PART C

1 - 4	Waltz Away & Tog 2x ;;;;	Fwd L trn away from ptr, sd & fwd R to slight bk to bk, cl L ; sd & fwd R trn twd ptr, fwd & sd L to almost fc, cl R ; rpt meas 1-2 Part C ;;
5 - 8	Solo Turn 2x to BFLY ;;;;	Fwd L trn away from ptr, sd R cont LF trn, cl L to SD-BY-SD fcg RLOD ; Bk R cont LF trn, sd L, cl R to almost OP LOD ; rpt meas 5-6 Part C to BFLY WALL ;
9 - 10	Balance L & R ;	Sd L, XRib (<i>W XLib</i>), in plc L ; sd R, XLib (<i>W XRib</i>), in plc R ;
11 - 14	Waltz Away & Tog 2x ;;;;	Rpt meas 1-10 Part C ;;;;
15 - 18	Solo Turn 2x to BFLY ;;;;	
19 - 20	Balance L & R ;	
21 - 24	Lace Up to Pick Up ;;;;	W/ jnd ld hnds high fwd L passing bhd W twd DLW (<i>W passing in frnt of M under hnds fwd R twd DLC</i>), fwd R, cl L to LOP LOD ; Fwd R, fwd L, cl R ; rlg ld hnds & jng trl hnds high fwd L passing bhd W twd DLC (<i>W passing in frnt of M under hnds fwd R twd DLW</i>), fwd R, cl L to OP LOD ; sm fwd R, sm fwd L, cl R (<i>W trng LF fwd L foldg in frnt of M, sd & bk R, cl L</i>) to CP LOD ;

ENDING

1	Apart Point	Apt L, pt R twd ptr, - ;
---	-------------	--------------------------

***Music Links**

Purchase: Track 11 of Album 'Eddy Mitchell Héros' or download <https://itunes.apple.com/be/album/la-complainte-du-phoque-en-alaska/731373393?i=731373479>

Listen to full music: <https://www.youtube.com/watch?v=Nfka9WGwoWk>

This song was composed in 1974 by Michel Rivard for the French Canadian group 'Beau Dommage' and became the biggest success of the group. The cover by Eddy Mitchell (France) and Nolwenn Leroy (France) came out in 2013.

La Complainte du Phoque en Alaska

Cré-mwé, cré-mwé pas, quéqu' part en Alaska
Y a un phoque qui s'ennuie en maudit
Sa blonde est partie gagner sa vie
Dans un cirque aux Etats-Unis

Le phoque est tout seul, il regarde le soleil
Qui descend doucement sur le glacier
Il pense aux Etats en pleurant tout bas
C'est comme ça quand ta blonde t'a lâché

Ça n'avait pas la peine
De laisser ceux qu'on aime
Pour aller faire tourner
Des ballons sur son nez

Ça fait rire les enfants
Ça n'dure jamais longtemps
Ça n'fait plus rire personne
Quand les enfants sont grands

Quand le phoque s'ennuie, il regarde son poil qui brille
Comme les rues de New York après la pluie
Il rêve à Chicago, à Marilyn Monroe
Il voudrait voir sa blonde faire son show

C'est rien qu'une histoire, j'peux pas m'en faire accroire
Mais des fois j'ai l'impression qu'est moi
Qui est assis sur la glace les deux mains dans la face
Mon amour est partie et j'm'ennuie

A SEAL'S LAMENT IN ALASKA – Woodruff – WZ III+2+1 – Mitchell/Leroy – 3:48

Intro (8 meas)

OP FCG Wait 3 notes ~ Apart Pt ; Pick up Tch ;
L trng Box ¾ ;;; Bk ½ Box ; Twirl Vine ; Pick Up ;

Part A (16 meas)

Fwd Waltz ; Manuv ; R Turning Box ;;;; Spin Turn ; Box Finish LOD ;
L Turning Box w/ Lace ;;;; Telemark to SCP ; In & Out Runs ; Pick Up ;

Part B (16 meas)

2 L Turns DLW ;; Whisk ; Wing DLW ;
Cross Hover 3x to SCP ;;; Thru Fc Cl to CP ;
Interrupted Box ;;;;
Hover ; Thru Hover to BJO ; Bk Hover to SCP ; Thru Fc Cl to BFLY ;

Part C (24 meas)

Waltz Away & Tog 2x ;;;; Solo Turn 2x to BFLY ;;;; Bal L & R ;;
Waltz Away & Tog 2x ;;;; Solo Turn 2x to BFLY ;;;; Bal L & R ;;
Lace Up to Pick Up ;;;;

Part A (16 meas)

Fwd Waltz ; Manuv ; R Turning Box ;;;; Spin Turn ; Box Finish LOD ;
L Turning Box w/ Lace ;;;; Telemark to SCP ; In & Out Runs ; Pick Up ;

Part B (16 meas)

2 L Turns DLW ;; Whisk ; Wing DLW ;
Cross Hover 3x to SCP ;;; Thru Fc Cl to CP ;
Interrupted Box ;;;;
Hover ; Thru Hover to BJO ; Bk Hover to SCP ; Pick Up Side Close ;

Part A (16 meas)

Fwd Waltz ; Manuv ; R Turning Box ;;;; Spin Turn ; Box Finish LOD ;
L Turning Box w/ Lace ;;;; Telemark to SCP ; In & Out Runs ;
Thru Fc Cl to BFLY ;

Part C (18 meas)

Waltz Away & Tog 2x ;;;; Solo Turn 2x to BFLY ;;;; Bal L & R ;;
Waltz Away & Tog 2x ;;;; Solo Turn 2x to BFLY ;;;;

Ending (1 meas)

Apart Point ;