FOLLOW ME

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Music: Follow Me (Slow Fox (30T/M))          Artist : Vio Friedmann
CD The Most Beautiful Songs For Dancing - Platinum, Track 35
Available as a single download from amazon.com

Time/Speed: Time @ BPM: 3:11 @ 120 [30 MPM] as downloaded
Footwork: Opposite unless indicated (Woman's footwork in parentheses)
Rhythm/Phase: Jive Phase 4+2 [Mooch, Neck Slide]
Degree of Difficulty: AVG
Sequence: INTRO A B C B A Modified END

MEAS:

1-4  6 FEET APART MAN FACING WALL  WAIT 2 MEAS ; ;  4 POINT STEPS TOGETHER WITH SNAPS ; ;  
1-2  Wait ; Wait ;
3  (4 PT STPS TOG W/ SNAPS) Pt L fwd w/ outsd edge of foot in contact w/ floor, fwd L w/ snap, pt R thru w/ outsd edge of foot in contact w/ floor & in line w/ weighted foot, fwd R w/ snap (W pt R fwd w/ outsd edge of foot in contact w/ floor, fwd R w/ snap, pt L thru w/ outsd edge of foot in contact w/ floor & in line w/ weighted foot, fwd L w/ snap);
4  Same as Introduction meas 3 SCP ;

PART A

1-5  LINK RK SCP ~ PRETZEL TURN WITH DOUBLE ROCK ; ; ; ;  
1  (LINK RK SCP) Rk bk L, rec R, small trpl fwd L/R, L (W Rk bk R, rec L, small trpl fwd L/R, R) ;
2  Sd R/L, R to SCP (W Sd L/R, L to SCP), (PRTZL TRN W/ DBL RK ) Rk bk L, rec R trng R to fc ptr (W Rk bk R, rec L trng L to fc ptr) ;
3  Sd L/cl R, sd L trng 1/2 RF keeping M's L & W's R hnds jnd [ptrs are in bk-bk pos], sd R/cl L, sd R trng up to 1/4 RF [ptrs are in bk-bk "V" pos w/ M's & W's R hnds jnd bhd bks], (W Sd R/cl L, sd R trng 1/2 LF keeping M's L & W's R hnds jnd [ptrs are in bk-bk pos], sd L/cl R, sd L trng up to 1/4 LF [ptrs are in bk-bk "V" pos w/ M's & W's L hnds jnd bhd bks]) ;
4  (Rk fwd L crossing in front of R to LOD w/ R hnd extended fwd, rec R, rk fwd L crossing in front of R to LOD w/ R hnd extended fwd, rec R trng up to 1/4 LF (W Rk fwd R crossing in front of L to LOD w/ L hnd extended fwd undr M's, rec L, rk fwd R crossing in front of L to LOD w/ L hnd extended fwd undr M's, rec R, rk fwd L crossing in front of L to LOD w/ L hnd extended fwd undr M's, rec R, rk fwd L crossing in front of L to LOD w/ L hnd extended fwd undr M's, rec L)) ;
5  Sd L/cl R, sd L trng 1/2 LF to fc ptr still retaining M's L & W's R hnds, sd R/cl L, sd R (W Sd R/cl L, sd R trng 1/2 RF to fc ptr still retaining M's L & W's R hnds, sd L/cl R, sd L) ;

6-8  DOUBLE ROCK SCP ; 2 FORWARD TRIPLES ; SWIVEL WALK 4 ;  
6  (DBL RK SCP) Rk bk L, rec R, rk bk L, rec R SCP (W Rk bk R, rec L, rk bk R, rec L SCP) ;
7  (2 FWD TRPLS) Fwd L/cl R, fwd L, fwd R/cl L, fwd R (W Fwd R/cl L, fwd L, fwd L, fwd L/cl R, fwd L) ;
8  (SWVL WLK 4) Placing each foot directly in front of the other foot, fwd L, thru R, fwd R, thru L (W Placing each foot directly in front of the other foot, fwd R, thru L, fwd L, thru R) ;

9-12  THROWAWAY TO HANDSHAKE ; START TRIPLE WHEEL 3 ~ LADY SINGLE TURN ; ;  FINISH TRIPLE WHEEL LOD ;  
9  (THRWY HNDSHK) Sd L/cl R, sd L, sd R/cl L, sd R commence 1/4 LF trn on trpls endg HNDSHK LOD (W PU R/L, R, sd & bk L/cl R, sd L commence up to 1/2 trn on the trpls endg HNDSHK RLOD) ;
10  (START TRPL WHL) Rk apt L, rec R to R hnds jnd in modified open fcg pos, commence RF whl sd L/cl R, sd L trng in 1/4 RF trn to fc ptr & tch her bk w/ M's L hnd (W Rk apt R, rec L to R hnds jnd trng 1/4 LF, commence RF whl sd R/cl L, sd R trng away from ptr) ;
WOMAN:; continue, continue right face wheel side right/close left, side right spinning right face on right foot to face partner; side right/close left, side right,
11  Cont RF whl sd R/cl L, sd R trng away from ptr (W Cont RF whl sd L/cl R, sd L trng in 1/4 RF trn to fc ptr & tch his bk w/ W's L hnd), (LADY SGL TRN) Raise jnd R hnds to lead ptr's LF trn cont whl RF fwd L, fwd R almost to tandem DLC (W Fwd R trng LF undr jnd lead hnds, cont fwd L trng LF to almost TANDEM DLC) ;
12  (FIN TRPL WHL) Lead ptr to spin RF chasse fwd L/R, L release hnds, chasse R/ L, R to LOP fcg ptr & LOD (W spin RF in place R/L, R, chasse L/R, L to LOP fcg RLOD) ;

13-16  START CHANGE LEFT TO RIGHT ; GLIDE TO THE SIDE LOW BFLY ; PROGRESSIVE ROCK ; THROWAWAY ;  
13  (START CHG L TO R) Rk bk L, rec R, sd L/cl R, sd L trng 1/4 RF trn to fc LOP FCG WALL (W Rk bk R, rec L, fwd R/cl L, fwd R trng up to 3/4 LF trn undr jnd lead hnds to fc ptr & LOP FCG COH) ;
14  (GLIDE TO SIDE) Sd R, XLif of R, sd R/cl L, sd R to low BFLYWALL (W Sd L, XRif of L, sd L/cl R, sd L to low BFLY COH) ;
15  (PROG RK) Rk apt L, rec R slightly in front of L, rk apt L, rec R slightly in front of L (W Rk apt R, rec L
slightly in front of R, rk apt R, rec L slightly in front of R) ;

16  {THRWY} Sd L/cl R, sd L, sd R/cl L, sd R commence 1/4 LF trn on trpls endg LOD (W PU R/L, R, sd & bk L/cl R, sd R commence up to 1/2 trn on the trpls endg RLOD) ;

PART B

1-3

CHANGE RIGHT TO LEFT COH ~ CHANGE HANDS BEHIND THE BACK WALL ; ;

1  {CHG R to L} Rk bk L to SCP, rec R, sd L/cl R, sd L commence 1/4 LF trn to COH (W Rk bk R to SCP, rec L, sd R/cl L, fwd R commence 3/4 RF trn undr jnd lead hnds to WALL) ;

2  Sd & fwd R/cl L, sd R (W Sd & slightly bk L/cl R, sd & bk L), {CHG HNDS BHND BK} Rk bk L, rec R (W Rk bk R, rec L) ;

3  Fwd L start 1/4 LF trn & plcg R hnd ovr W's R hnd/cl R, fwd L releasing L hnd & comp 1/4 LF trn to TANDEM pos in front of W, sd & bk R start 1/4 LF trn & plcg L hnd bhd M's bk/cl L transferring W's R hnd to M's L hnd bhd his bk, sd & bk R comp 1/4 LF trn to fc WALL (W Fwd R start 1/4 RF trn/cl L, fwd R comp 1/4 RF trn to TANDEM pos bhd M, sd & bk L start 1/4 RF trn/cl R, sd & bk L comp 1/4 RF trn to fc COH) ;

4-8

LINDY CATCH TO HANDSHAKE ; ; MIAMI SPECIAL LOD ~ ROCK TO SOLE TAP TO FACE WITH DOUBLE HANDHOLD ; ;

4  {LINDY CATCH} Join lead hnds rk apt L, rec R, fwd L/R, L moving RF arnd W catching her at waist w/ R hnd releasing L hnd [M is in bk of W with R arm arnd her waist] (W Join lead hnds rk apt R, rec L, fwd R/L, R [W in front of M]) ;

5  Fwd R, L cont arnd W, fwd R, R/L, R to HNDSHK fcg WALL (W Bk L, bk R still fcg same direction [no trn], bk L/R, L to HNDSHK fcg COH) ;

6  {MIAMI SPECIAL} Rk apt L, rec L, fwd L/R, R/L, L trng RF 3/4 to lead W to trn LF undr jnd R hnds putting jnd hnds ovr M's head so hnds rest bhd M's neck (W Rk apt R, rec L, fwd R/L, R trn LF 3/4 undr jnd R hnds) ;

7  Sd R/cl L, sd R to LOP LOD (W Sd L/R, L, release hnd hold & slide R hnd down M's L arm endg w/ M's L & W's R hnds jnd in LOP TAP) Rk apt L, rec R (W Rk apt R, rec L) ;

8  Fwd L twd ptr trng 1/4 RF to sd-sd fcg LOD, bend R leg to tch M's R shoe sole to W's L shoe sole bhd supporting leg, sd R/cl L, sd R trng 1/4 LF to LOP LOD (W Fwd R twd ptr trn 1/4 LF to sd-sd, bend L leg to tch W's L shoe sole to M's R shoe sole bhd supporting leg, sd L/cl R, sd L trng 1/4 RF to LOP LOD) ;

9-13

NECK SLIDE ; ; AMERICAN SPIN ~ CHANGE RIGHT TO LEFT WALL BFLY ; ;

9  {NECK SLIDE} With both hnds jnd fcg ptr & LOD rk bk L, rec R raising jnd hnds up & ovr ptr's heads, fwd L/cl R to L, fwd L releasing hold & placing R hnd to rest on ptr's R shldr endg W on M's R sd (W With both hnds jnd fcg ptr & RLOD rk bk R, rec L raising jnd hnds up & ovr ptr's heads, fwd R/cl L to R, fwd R releasing hnd hold & placing R hnd to rest on ptr's R shldr endg M on W's R sd) ;

10 Whl 1/2 RF fwd R, fwd L cont RF trn allowing R hnd to slide down ptr's arm, fwd R trng 1/4 RF to fc RLOD/cl L to R, small stp sd R to jn R hnds (W Whl 1/2 RF fwd L, fwd R cont RF trn allowing R hnd to slide down ptr's arm, fwd L trn 1/4 R to fc LOP/cl R, L to jn R hnds) ;

11  {AMER SPN} Rk bk L, rec R, sd L/cl R to L, sd (W Rk bk R, rec L, sd R/cl L to R, sd R spinning RF one full trn) ;

12  Sd R/cl L to R, sd R (W Sd L/cl R to L, sd L), {CHG R TO L WALL BFLY} Rk bk L to SCP, rec R (W Rk bk R to SCP, rec L) ;

13  Sd L/cl R, sd L commence 1/4 LF trn, sd & fwd R/cl L, sd R WALL BFLY (W Sd R/cl L, fwd R commence 3/4 RF trn undr jnd lead hnds, sd & slightly bk L/cl R, sd & bk L) ;

14-16

ROCK RECOVER SIDE CLOSE ; TRAVELING SAND STEP 2X SCP ; ;

14  {RK REC SD CL} Rk bk L, rec R, sd L/cl R, sd R (W Rk bk R, rec L, sd R, cl L) ;

15  {TRAV SND STP} Swvlg RF on R foot tch L toe to instep of R foot w/ toe pointed inward, swvlg LF on R foot small sd L, swvlg RF on L foot tch R heel to floor toe pointed outward, swvlg LF on L foot XRlf (W Swvlg LF on L foot tch R toe to instep of L foot w/ toe pointed inward, swvlg RF on L foot small sd R, swvlg LF on R foot tch L heel to floor toe pointed outward, swvlg RF on R foot Xlfl) ;

16  {TRAV SND STP SCP} Same as Part B meas 15 except blend to SCP on last stp ;

PART C

1-4

ROCK TO POINT STEPS 3X ; CROSS KICK 4X ;

1  {RK REC PT STP} Rk bk L, rec R, pt L fwd w/ outsde edge of foot in contact w/ floor & in line w/ weighted foot, fwd L (Rk bk R, rec L, pt R fwd w/ outsde edge of foot in contact w/ floor & in line w/ weighted foot, fwd R) ;

2  {2 PT STPS} Pt R thru w/ outsde edge of foot in contact w/ floor, fwd R, pt L fwd w/ outsde edge of foot in contact w/ floor & in line w/ weighted foot, fwd L (W pt L thru w/ outsde edge of foot in contact w/ floor, fwd L, pt R fwd w/ outsde edge of foot in contact w/ floor & in line w/ weighted foot, fwd R) ;

3  {X KCK 4X} Kck thru R, stp sd R, kck thru L, stp sd L (W Kck thru L, stp sd L, kck thru R, stp sd R) ;

4  Kck thru R, stp sd R, kck thru L, stp sd L (W Kck thru L, stp sd L, kck thru R, stp sd R) ;

5-8

THRU RECOVER THRU ; THROWSAWAY ; CHICKEN WALKS 2 SLOW ; 4 QUICK ;
5  {THRU REC THRU} Thru R to SCP, -, -/rec on ball of L, thru R (W Thru L to SCP, -, -/rec on ball of R, thru R) ;
6  {THRWY} Same as Part meas 16 ;
7  {CHKN WLKS 2 SLO} Small bk leading W to swvl on her foot, -, small bk leading W to swvl on her foot, - (W Swvlg on L small fwd R, -, swvlg on R small fwd L, -) ; {NOTE: W's swvlgs are caused by M leading w/ slight turning of W's hnd in direction of her foot travel)
8  {4 QK} Small bk leading W to swvl on her foot, small bk leading W to swvl on her foot, small bk leading W to swvl on her foot to LOP FCG LOD (W Swvlg on R small fwd L, swvlg on L small fwd R, swvlg on R small fwd R, swvlg on R small fwd L to LOP FCG RLOD) ;

REPEAT B

PART A MODIFIED

1-5
LINK RK SCP ~ PRETZEL TURN WITH DOUBLE ROCK ; ; ; ; ;
1-4 Same as Part A meas 1-5 ; ; ; ; ;
6-8
DOUBLE ROCK SCP ; 2 FORWARD TRIPLES ; SWIVEL WALK 4 ;
6-8 Same as Part A meas 6-8 ; ; ; ; ;
9-12
THROWAWAY TO HANDSHAKE ; START TRIPLE WHEEL 3 ~ LADY SINGLE TURN ;; FINISH TRIPLE WHEEL LOD ;
9-12 Same as Part A meas 9-12 ; ; ; ; ;
13-16
START CHANGE LEFT TO RIGHT ; GLIDE TO THE SIDE LOW BFLY ; PROGRESSIVE ROCK ; CHASSE LEFT & RIGHT SCP ;
13-15 Same as Part A meas 13-15 ; ; ; ; ;
16
{CHASSE L & R} Sd L/cl R, sd L, sd R/cl L, sd R to SCP LOD (W Sd R/cl L, sd R, sd L/cl R, sd L to SCP LOD) ;

END

1-5
MOOCH ; ; ; ; ;
1
{MOOCH} Rk bk L, rec R, flick L fwd from knee slightly off floor, cl L (W Rk bk R, rec L, flick R fwd from knee slightly off floor, cl R) ;
2 Flick R fwd from knee slightly off floor, cl R, rk bk L, rec R (W Flick L fwd from knee slightly off floor, cl L, rk bk R, rec L) ;
3 Trng RF 1/2 sd L/cl R, sd L, rk bk R, rec L (W Trng LF 1/2 sd R/cl L, sd R, rk bk L, rec R) ;
4 Flick R fwd from knee slightly off floor, cl R, flick L fwd from knee slightly off floor, cl L (W Flick L fwd from knee slightly off floor, cl L, flick R fwd from knee slightly off floor, cl R) ;
5 Rk bk R, rec L, trng LF 1/2 sd R/cl L, sd R (W Rk bk L, rec R, trng RF 1/2 sd L/cl R, sd L) ;
6-8
RIGHT TURNING FALLAWAY 2X SCP ; ; ; ;
6
{R TRNG FALWY} Rk bk L to SCP, rec R to fc, commence1/4 RF trn sd L/cl L, comp trn sd L (W Rk bk R to SCP, rec L to fc, commence 1/4 RF trn sd R/cl L, comp trn sd R) ;
7 Commence1/4 RF trn sd R/cl L, comp trn sd R (W Commence1/4 RF trn sd L/cl L, comp trn sd L) ; {R TRNG FALWY} Rk bk L to SCP, rec R to fc, (W Rk bk R to SCP, rec L to fc) ;
8 Commence1/4 RF trn sd L/cl R, comp trn sd L, commence1/4 RF trn sd R/cl L, comp trn sd R (W Commence1/4 RF trn sd R/cl L, comp trn sd R, commence1/4 RF trn sd L/cl R, comp trn sd L) ;
9-13
MOOCH ; ; ; ; ;
9-13 Same as End meas 1-5 ; ; ; ; ;
14-18
SPANISH ARMS 2X BFLY ; ; ; ; ROCK RECOVER WRAP IN 2 ; POINT SIDE & HOLD ;
14
{SPAN ARMS} Rk bk L, rec R trng RF, sd L/cl R, sd L cont RF trn; (W Rk bk R, rec L trng 1/4 LF, sd R/cl L, sd R trng 3/4 RF) ;
15 Sd R/cl L, sd R (W Sd L/cl R, sd L), {SPAN ARMS} Rk bk L, rec R trng RF (W Rk bk R, rec L trng 1/4 LF) ;
16 Sd L/cl R, sd L cont RF trn, sd R/cl L, sd R (W Sd R/cl L, sd R trng 3/4 RF sd L/cl R, sd L) ;
17 {RK REC WRP IN 2} Rk bk L, rec R, small bk L raising lead hnds, cl R lead W to trn LF undr jnd lead hnds to WRPD pos fcg WALL (W Rk bk R, rec L, fwd R trng LF 1/2 undr jnd lead hnds to WRPD pos fcg WALL, cl L) ;
18 {PT SD & HOLD} Pt L & look at ptr, -, -, - (W Pt R & look at ptr, -, -, -) ;