Follow Me Cha

Choreo:  Joe Scarlatella & Monica Shanks – joyofrdance@gmail.com

1121 W Avenue J6, Lancaster, CA 93534  Special thanks to Cindy Mower

Music:  Follow Me  3:07  Artist: Alex Brouwers

Download available at www.Casa-Musica.de  Speed: 43.5 RPM (Slow for Comfort)

Album:  Dance Chart Hits: Zum Welttanztag 2001

Footwork:  Opposite, unless noted (W’s footwork in parenthesis)

Rhythm:  Cha  Phase: IV

Release Date:  11/24/2014 – Revised 02/08/2015

Intro – A – B – A – C – D – A – C(1-8) – B – Ending

INTRO

1-4  WAIT;; SPOT & TIME; TIME & SPOT;

1-2  Fcg no hands joined M fcg wall Wait; Wait;

3-4  Swivel fwd L trng RF, rec R trng RF to fc ptr, sd L/cl R, sd L (XRIB, rec L, sd R/cl L, sd R);

XRIB, rec L, sd R/cl L, sd R (Swivel fwd L trng RF, rec R trng RF to fc ptr, sd L/cl R, sd L) to BFLY;

PART A

1-4  BASIC;; NEW YORKER; SPOT TURN;

1-2  Fwd L, rec R, sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R;

3-4  Swvl L thru LOP RLOD, rec swvl R to fc, sd L/cl R, sd L; swivel fwd R trng LF, rec L trng LF to fc ptr,

sd R/cl L, sd R to BFLY;

5-8  SHOULDER TO SHOULDER; CRAB WALKS;; SPOT TURN;

5  Rk fwd L BFLY SCAR, rec R to fc, sd L/cl R to BFLY, sd L

6-7  XRIF, sd L, XRIF/sd L, XRIF; sd L, XRIF, sd L/cl R, sd L;

8  Swivel fwd R trng LF, rec L trng LF to fc ptr, sd R/cl L, sd R;

PART B

1-4  CHASE 1/2 WITH TRIPLE CHAS TO TANDEM WALL;;;

1-4  Fwd L commence 1/2 RF trn, rec R complete 1/2 RF trn to fc COH, fwd L/lk R, fwd L; fwd R/lk L, fwd R,

fwd L/lk R, fwd L; fwd R commence 1/2 LF trn, rec L complete 1/2 LF trn to fc wall, fwd R/lk L, fwd R; fwd

l/lk R, fwd L, fwd R/lk L, fwd R Tandem WALL (bk R, rec L, fwd R/lk L, fwd R; fwd L/lk R, fwd L, fwd R/lk

L, fwd R; fwd L commence 1/2 RF trn, rec R complete 1/2 RF trn to fc wall, fwd L/lk R, fwd L; fwd R/lk L,

fwd R, fwd L/lk R, fwd R Tandem WALL);

5-8  CUCURACHA W/PEeks TWICE;; FINISH CHASE;;

5-6  Sd L looking over rgt shoulder at ptr, rec R, cl L/tp R, sip L; sd R looking over L shoulder at ptr, rec L,

cl R/stp L, sip R; ( Sd R looking at ptr, rec L cl R/ stp L, sip L; Sd L looking at ptr, rec R, cl L/ stp R, sip L;

(Note Cucuracha W/Peeks may be cued as Peek-A-Boos”)

7-8  Fwd L, rec R, bk L/cl R, bk L; bk R, rec L, fwd R/cl L, fwd R BFLY (fwd R commence 1/2 LF trn, rec L

complete 1/2 LF trn, fwd R/cl L, fwd R; fwd L, rec R, bk L/cl R bk L);

PART C

1-4  BREAK BACK TO OP LOD; WK 2 & CHA; SLIDING DOOR TWICE;;

1-2  Swvl bk L to OP LOD, rec R, fwd L/cl R, fwd L; fwd R, fwd L, fwd R/cl L, fwd R;

3-4  Sd L, rec R, XLIF/sd R, XLIF LOP; (W crossing in front of M) sd R, rec L,

XRIF/sd L, XRIF OP LOD;

5-8  CIRCLE AWAY & TOG TO BFLY;; ALEMANA;;

5-6  Fwd L trn away from ptr in circular pattern, fwd R continuing trn, fwd L/cl R cont. trn, fwd L FC RLOD; fwd

R trn continuing circular pattern toward ptr, fwd L continuing trn, fwd R/cl L cont. trn, fwd R to BFLY;

7-8  Fwd L, rec R, bk L/cl R, bk L lead W to trn RF under joined lead hands; bk R, rec L, sd R/cl L, sd R (bk R,

rec L, fwd R/cl L, fwd R commence RF trn under joined lead hands; fwd L cont. RF trn, fwd R complete

RF trn to BFLY, sd L/cl R, sd L);
9-13  HALF BASIC TO FAN;; HOCKEY STICK TO HNDSHK FC RLOD FWD TRIPLE CHA RLOD;;
9-10  Fwd L, rec R, sd L/cl R, sd L; bk R, Rec L, sd R/cl L, sd R (bk R, Rec L, sd R/cl L, sd R; fwd L, sd & bk R Tm 1/4 LF, bk L/ik R, bk L);

14-16  RK FWD REC BACK TRIPLE CHA to LOD;; UNDERARM TURN TO BFLY WALL;
14-15  Rt hndshk M Fcg RLOD Rk fwd L, Rec R, bk L/ik R, bk L Chng to left hndshk; bk R/ik L, bk R chng to rt hndshk, bk L/ik R, bk L;
16  Bk & sd R leading W Into 1/2 RF Tm under jnd R hands, Rec L trng 1/4 L to fc BFLY WALL, sd R/cl L, sd R; (fwd L trng 1/2 RF Under Rt Hndshk, Rec L trng 1/4 to BFLY, sd L/cl R, sd L);

PART D

1-4  NEW YORKER; WHIP & TWIRL; NEW YORKER; AIDA;
1  Swvl L thru LOP RLOD, Rec Swvl R to Fc, sd L/cl R, sd L;
2  Bk R cross trail hnds over lead hnds trg 1/4 LF, fwd L trng 1/4 LF to BFLY/COH leading lady to twl full LF trn under lead hnds, sd R/cl L, sd R; (W crossing In fnt of man fwd L, fwd R trng 5/8 LF to Fc DLW, cont LF trn under lead hnds Fwd L/Bk R, sd L to BFLY);
3  Swvl thru L to LOP LOD, rec swvl R to fc ptr, sd L/cl R, sd L;
4  Cross trail hnds ovr lead hnds trg 1/4 LF thru R, releasing trail hnds bk L trng RF to “V” bk to bk position fgc DRC, bk R/ik L, bk R;

5-8  SWITCH & CROSS; CRAB WALK; OPEN BREAK; WHIP FC WALL;
5-6  Sd L trng to BFLY, rec R, to rev XLI/SD R, XLI/; sd R, XLI/F, sd R/cl L, sd R;
7  Rk apt L to FCG LOP while extndng free arm up with palm out, rec R, sd L/cl R, sd L;
8  Bk R crossing trail hnds ov lead hnds trng 1/4 LF, fwd L trng 1/4 LF to BFLY WALL, sd R/cl L, sd R (W crossing in fnt of man fwd L, trng 1/2 LF fwd R to fc ptr, sd L/cl R, sd L);

9-12  ALEMANA;; TO A LARIAT;;
1-2  Fwd L, rec R, bk L/cl R, bk L lead W to trn RF under jnd lead hnds; bk R, rec L, sd R/cl L, sd R leading W to M rt side (bk R, rec L, fwd R/cl L, fwd R commence RF trn under jnd lead hnds; fwd L cont. RF trn, fwd R complete RF trn to BFLY, sd L/cl R, sd L to M rt side);
3-4  Rk sd L, rec R, sip L/R, L; rk sd R, rec L, sip R/L, R to BFLY (Fwd R circling M clockwise with jnd lead hnds, fwd L, fwd R/cl L, fwd R; fwd L, fwd R, fwd L/cl R trng to fc M, sd L to BFLY);

13-16  CHASE W/UNDERARM PASS;; NEW YORKER; WHIP TO FC WALL;
13-14  Fwd L trn RF 1/2 keeping lead hnds joined, rec fwd R, fwd L/cl R, fwd L; bk R raising jnd lead hnds leading W to LF turn, rec L, small sd R/cl L, small sd R (bk R keeping jnd lead hnds, Rec L, fwd R/cl L, fwd R toward man’s left side; fwd L, fwd R trng LF 1/2 under jnd lead hnds to fc ptr, small sd L/cl R, small sd L);
15-16  Swvl L thru to LOP RLOD, rec swvl R to fc, sd L/cl R, sd L; bk R cross trail hnds over lead hnds trng 1/4 LF, fwd L trng 1/4 LF to fc ptr, sd R/cl L, sd R to BFLY WALL; (W fwd L crossing in front of M, fwd R trng 1/2 LF to fc ptr, sd L/cl R, sd L);

ENDING

1-4  OPEN BREAK; AIDA; SWITCH & CROSS; CRAB WALK;
1-2  Rk Apt L to FCG LOP while extndng free arm up with palm out, rec R, sd L/cl R, sd L; cross trail hnds ov lead hnds trng 1/4 LF thru R, releasing trail hnds & trng RF bk L to "V" bk to bk Position, bk R/ik L, bk R to fc DRC;
3-4  Sd L trng to BFLY, rec R, to rev XLI/SD R, XLI/; sd R, XLI/F, sd R/cl L, sd R;

5-8  SPOT TURN; FENCE LINE; HALF BASIC; RUMBA AIDA & HOLD;
5-6  Swvl fwd L trng RF 1/2, rec R trng R 1/4 to fc ptr, sd L/cl R, sd L BFLY; X Lun R, Rec L, sd R/cl L, sd R;
7-8  Fwd L, rec R, sd L/cl R, sd L; thru R cross trail hnds ov lead hnds trng LF, SD L cont trn releasing trail hnds & trng RF, bk R, to “V” bk to bk position fgc DRC, - ;
Follow Me Cha (Head Cues)

Intro – A – B – A – C – D – A – C (1-8) – B – Ending

Intro – Fcg No Hands Joined
Wait;; Spot & Time; Time & Spot to BFLY;

Part A
Basic;; New Yorker; Spot Turn;
Shoulder to Shoulder; Crab Walks;; Spot Turn;

Part B
Chase 1/2 with Triple Chas;;; to Tandem Wall;
Cuca w/Peeks Twice;; Finish Chase to BFLY;;

Part A
Basic;; New Yorker; Spot Turn;
Shoulder to Shoulder; Crab Walks;; Spot Turn;

Part C
Break Back to OP LOD; Wk 2 & Cha; Sliding Door twice;;
Circle Away & Tog;; 1/2 Basic; Alemana BFLY;
Half Basic to Fan;; Hockey Stick to Hndshk Fc RLOD Fwd Triple Cha to Rev;;
Rk Fwd, Rec to Bk Triple Cha LOD;; Underarm Turn to BFLY WALL;

Part D
New Yorker; Whip & Twirl; New Yorker; Aida;
Switch & Cross; Crab Walk; Open Break; Whip Fc WALL;
Alemana;; to a Lariat;;
Chase w/Underarm Pass;; New Yorker; Whip Fc WALL;

Part A
Basic;; New Yorker; Spot Turn;
Shoulder to Shoulder; Crab Walks;; Spot Turn;

Part C 1-8
Break Back to OP LOD; Wk 2 & Cha; Sliding Door twice;;
Circle Away & Tog;; Alemana BFLY;;

Part B
Chase 1/2 with Triple Chas;;; to Tandem Wall;
Cuca w/Peeks Twice;; Finish Chase to BFLY;;

Ending
Open Break; Aida; Switch Cross; Crab Walk;
Spot Turn; Fence Line; Half Basic; Rumba Aida & Hold;