

# FOR ME & MY GAL

Choreo: Allemande Al & Martha Wolff, 1553 So. Carpenter Road, Brunswick, Ohio 44212-3887 (330) 225-2553  
email: [Roundeuer2@juno.com](mailto:Roundeuer2@juno.com) or [martha\\_wolff@hotmail.com](mailto:martha_wolff@hotmail.com)

Music: Grenn 14048 {flip w/ Apple Blossom Waltz} , also Grenn 14275

Rhythm: Ph II TS Sequence: Intro-A-B-A-B-A-B(1-15) End

Recommended Speed: 3:09 @ 46 {14048} BPM/MPM 32/127

Footwork: Opposite, (except when W part in parentheses)



- INTRO:** 1-4: **[BFLY] ; ; TWRL VIN 3 & TCH ; REV TWRL VIN 3 & TCH [BFLY] ;**  
*1-4: [BFLY/Wall] wait ; wait ; Sd L, XRIBL, Sd L, Tch R (W RF Twrl und jnd lead hnds Fwd R, Fwd L, Fwd R to fc ptrn, Tch L) ; Sd R, XLIBR, Sd R, Tch L (W LF Twrl und jnd lead hnds Fwd L, Fwd R, Fwd L to fc ptrn, Tch R) [BFLY] ;*
- A:** 1-4: **FC TO FC ; BK TO BK ; BBL TRN [OP/LOD] ; ;**  
*1-4: Sd L, Cl R, Fwd L trng awy f/ ptrnto Bk to Bk pos, - ; Sd R, Cl L, Fwd R trng twds ptrn, - Fwd L trng ¼ RF twd ptrn, -, rec R fcg RLOD, - ; Fwd L trn ¼ RF twds COH, - , rec R, - [OP/LOD] ;*
- 5-8: **DBL HTCH ; ; VIN APT 3 & TCH ; VIN TOG 3 & FC {no hnds} ;**  
*5-8: Fwd L, (W FwdR) Cl R, Bk L, - ; Bk R, Cl L, Fwd R, - ; Sd L, XRIBL, Sd L, Tch R ; Sd R, XLIBR, Sd R trng to fc ptrn, Tch L ;*
- 9-12: **SKATE L & R ; SD TS ; SKATE R & L ; SD TS ;**  
*9-12: Sd L, Tch R, Sd R, Tch L ; Sd L, Cl R, Sd L, - ; Sd R, Tch L, Sd L, Tch R ; Sd R, Cl L, Sd R, - ;*
- 13-16: **BK AWY 3 & KICK ; BK 3 MORE ; STRUT TOG 4 [SCP] ; ;**  
*13-16: Bk L, Bk R, Bk L, Kck R ; Bk R, Bk L, Bk R, Kck L ; Fwd L, -, Fwd R, - ; Fwd L, -, Fwd R, - ; [SCP]*
- B:** 1-4: **[SCP] 2 FWD TS to fc ; ; ½ BOX ; SCIS THRU [BFLY] ;**  
*1-4: [SCP] Fwd L, Cl R, Fwd L, - ; Fwd R, Cl L, Fwd R trng to fc ptrn, - ; Sd L, Cl R, Fwd L, - ; Sd R, Cl L, Thru R trng to fc ptrn [BFLY] ;*
- 5-8: **VINE 8 ; ; CIRCLE AWY & TOG [CP/WALL] ; ;**  
*5-8: Sd L, XRIBL, Sd L, XRIFL ; Repeat Meas 5 Part B ; Crcl CCW (W CW) Awy f/ ptrn Fwd L, Cl R, Fwd L trng to fc ptrn, - ; Twds ptrn, Fwd R, Cl L, Fwd R, - [CP/Wall] ;*
- 9-12: **BOX ; ; REV BOX ; ;**  
*9-12: Sd L, Cl R, Fwd L, - ; Sd R, Cl L, Bk R, - ; Sd L, Cl R, Bk L, - ; Sd R, Cl L, Fwd R, - ;*
- 13-16: **2 TRNG TS [BFLY] ; ; TWRL VIN 2 ; WALK 2 [BFLY] ;**  
*13-16: Sd L, Cl R, Bk L across LOD pivoting ½ RF, - ; Sd R, Cl L, Bk R pivoting ½ RF, - [BFLY/Wall] ; Sd L, -, XRIBL, - (W comm RF Trn und jnd lead hnds Fwd R, -, Fwd, -) ; Trng to fc LOD Fwd L, -, Fwd R trng to fc ptrn, - [BFLY/Wall] ;*
- END:** 1: **APT PT ;**  
*1: instead of Meas 16 Part B, substitute Bk L {relsg jnd lead hnds}, -, Pt R, - ;*