

Follow Me Cha

RDTA of SoCal
Dec 2014, Number 51
Presented by: Joe Scarlatella & Monica Shanks

Choreo: Joe Scarlatella & Monica Shanks – joyofrdance@gmail.com
1121 W Avenue J6, Lancaster, CA 93534
Music: Follow Me 3:07 **Artist:** Alex Brouwers
Download available at www.Casa-Musica.de **Speed:** Recorded Speed 45
Album: Dance Chart Hits: Zum Welttanztag 2001
Footwork: Opposite, unless noted (W's footwork in parenthesis)
Rhythm: Cha **Phase:** IV **Release Date:** November 24, 2014

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 L **TANDEM WALL**);

5-8 **CUCURACHA W/PEEKS TWICE;; FINISH CHASE;;**

- 5-6 Sd L looking over rgt shoulder at ptr, rec R, cl L/sip R, sip L; sd R looking over L shoulder at ptr, rec L,
cl R/sip L, sip R; (Sd R looking at ptr, rec L cl R/ sip L, sip L; Sd L looking at ptr, rec R, cl L/ sip R, sip L;)
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 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 OVERTURN TO 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 Trn 1/4 LF, bk L/lk R, bk L);
 11-13 Fwd L, Rec R, Sip L/cl R, L; bk R, Rec L, fwd R trng 1/4 to rt hndshk fcg RLOD/lk L, fwd R chng to L hndshk fwd L/lk R, fwd L Chng to Rt Hndshk, fwd R/lk L, fwd R RLOD; (cl R, fwd L, fwd R/fwd L, fwd R; fwd L, fwd R trng sharp 1/2 LF to fc LOD Rt Hndshk, bk L/lk R, bk L, chng to L hndshk bk R, lk L, bk R, to Rt hndshk, bk L/lk R, bk L fcg LOD);
- 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/lk R, bk L Chng to left hndshk bk R/lk L, bk R chng to rt hndshk, bk L/lk R, bk L;
 16 Bk & sd R leading W into 1/2 RF Trn 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 R 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 trng 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 frnt of man fwd L, fwd R trng 5/8 LF to Fc DLW, cont LF trn undr 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 trng 1/4 LF thru R, releasing trail hnds bk L trng RF to "V" bk to bk position fcg RLOD, bk R/lk 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 XLIF/sd R, XLIF; sd R, XLIF, sd R/cl L, sd R;
 7 Rk apt L to FCG LOP while extending free arm up with palm out, rec R, sd L/cl R, sd L;
 8 Bk R crossing trail hnds ovr lead hnds trng 1/4 LF, fwd L trng 1/4 LF to BFLY WALL, sd R/cl L, sd R (W crossing in frnt 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 joined lead hands; 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 joined lead hands; 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 joined lead hands, 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 hands joined, rec fwd R, fwd L/cl R, fwd L; bk R raising joined lead hands leading W to LF turn, rec L, small sd R/cl L, small sd R (bk R keeping joined lead hands, Rec L, fwd R/cl L, fwd R toward man's left side; fwd L, fwd R trng LF 1/2 under joined lead hands 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 extending free arm up with palm out, rec R, sd L/cl R, sd L; cross trail hnds ovr lead hnds trng 1/4 LF thru R, releasing trail hnds & trng RF bk L to "V" bk to bk Position, bk R/lk L, bk R to fc RLOD;
 3-4 Sd L trng to BFLY, rec R, to rev XLIF/sd R, XLIF; sd R, XLIF, 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 ovr lead hnds trng LF, SD L cont trn releasing trail hnds & trng RF, bk R, to "V" bk to bk position fcg RLOD, - ;