

# FOR ME & MY FOXY GAL

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

Rhythm: Ph IV FX

Sequence: Intro-A-B-A-B-A-B- End

Recommended Speed: 3:38 @ 41 {14048} BPM/MPM 107/26

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



- INTRO:** 1-4: **[CP/WALL] ; ; 2 SD TCHS ; DIP BK & REC [CP/WALL] ;**  
*1-4: [CP/Wall] wait ; wait ; Sd L, Tch R, Sd R, Tch L ; Bk L, -, rec R, - [CP/Wall] ;*
- A:** 1-4: **HOV ; THRU SEMI CHASSE' ; THRU SEMI CHASSE' ; X PIV SCAR ;**  
*1-4: Fwd L, -, Fwd & Sd R w/rise, rec L to SCP ; Thru R trng to fc ptr, Sd L/ Cl R, Sd L [SCP] ; Repeat Meas 2 [SCP] ; Fwd R comm. RF trn, -, Sd L contg RF trn. Fwd R (W sm Fwd L comm. RF trn, -, Fwd R bet M's feet trng 1/2 RF, Bk L) [SCAR/DLW] ;*
- 5-9: **X HOV BJO ; X HOV SCAR; X HOV SCP ; WEAVE 6 TO SCP ; ;**  
*5-9: : XLIFR (W XRIBL), -, Sd R w/ small rise, rec L [BJO/DLC] ; XRIFL (W XLIBR), -, Sd L w/ small rise, rec R [SCAR/DLW] ; XLIFR (W XRIBL), -, Sd R w/ small rise, rec L [SCP] ; Fwd R, Fwd L trng LF to CP, Bk R ; Sd & Bk L to BJO pos, Bk R to CP, Sd & Fwd L to SCP ;*
- 10-12: **MANUV ; SPN TRN ; BOX FIN ;**  
*10-12: ; Fwd R comm. RF trn (W Fwd L), -, Sd L cont RF trn, Cl R [CP/RL0D] ; Bk & Sd L trng RF, -, Fwd R cont trn w/rise Rec L ; Bk R trng 1/8 LF, -, Sd L, Clo R [CP/DLC] ;*
- 13-16: **2 L TRNS [CP/WALL] ; ; WHISK ; CHAIR REC SLP [CP/DLC] ;**  
*13-16: Fwd L trng 1/4 LF -, , Sd R contg LF trn another 1/8, Cl L ; Bk R trng 1/4 LF, -, Sd L contg LF trn another 1/8, Cl R [CP/Wall] ; Fwd L twds Wall, -, Fwd & Sd R w/ rise, XLIBR (W XRIBL) [SCP] ; Lunge Thru R w/ chkg action, -, rec L w/ sm LF upper body trn, Bk RIBL(W swvl LF Fwd L) [CP/DLC] ;*
- B:** 1-4: **DIAM TRN [BJO/DLC] ; ; ; ;**  
*1-4: Fwd L to BJO pos comm. LF trn, -, Sd R contg LF trn to 1/4, Bk L ; Bk R in BJO pos comm. LF trn, - Sd L contg trn to 1/4, Fwd R ; Repeat Meas 1-2 Part B [BJO/DLC] ; ;*
- 5-8: **TELE [SCP] ; HOV FALWY ; SLP PIV [BJO] ; BOX FIN [CP/DLC] ;**  
*5-8: Fwd L comm. LF trn, -, Sd R contg trn, Fwd L [SCP] ; Fwd R, -, Fwd L w/rise, rec Bk R ; Bk L, -, Bk R trng LF, Fwd L (W Bk R comm. LF trn, -, Fwd L contg LF trn to BJO pos, Bk R) ; Repeat Mea 12 Part A [CP/DLC] ;*
- 9-12: **DIAM TRN [BJO/DLC] ; ; ; ;**  
*9-12: Repeat Meas 1-4 Part B ; ; ; ;*
- 13-16: **TELE [SCP] ; HOV FALWY ; SLP PIV [BJO] ; THRU SD CL [CP/WALL] ; ;**  
*13-16: Repeat Meas 5-7 Part B ; ; ; Thru R, -, Sd L trng to fc ptr, Cl R [CP/Wall] ;*
- AB:** REPEAT A & B
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- END:** 1: **DP & HOLD ;**  
*1: Bk L, -, HOLD, HOLD ;*