

Follow Me Cha

Choreo: Joe Scarlatella & Monica Shanks – joyofrdance@gmail.com
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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 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/stp 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 Cucaracha 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 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 **DRC**, 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 **DRC**;
- 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 **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;