

# FOR ME & MY GAL

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

Rhythm: Ph II TS

Recommended Speed: 2:16 @ 46 BPM/MPM 124/31

Sequence: Intro-A-B-A-B-A-B(1-15) End

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 FwdL, Fwd R, Fwd L to fc ptrn, Tch R) [BFLY] ;
- A:** **1-4: FC TO FC ; BK TO BK ; BBALL 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 Fwd R), 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, FwdL, - ; 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] 1<sup>st</sup> time thru only} ;**  
13-16: Sd L, Cl R, Bk L across LOD pivoting ½ RF, - ; Sd R, Cl L, Fwd R pivoting ½ RF, - [BFLY/Wall] ; Sd L, - , XRIBL, - (W comm RF Trn und jnd lead hnds Fwd R, -, Fwd L, - ) ; 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}, -, Tch R, - ;