

FOLLOW ME

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Music: Follow Me (Slow Fox (30T/M)) Artist: Vio Friedmann
CD The Most Beautiful Songs For Dancing - Platinum, Track 35
Available as a single download from amazon.com
Time/Speed: Time @ BPM: 3:11 @ 120 [30 MPM] as downloaded
Footwork: Opposite unless indicated (Woman's footwork in parentheses)
Rhythm/Phase: Jive Phase 4+2 [Mooch, Neck Slide]
Degree of Difficulty: AVG
Sequence: INTRO A B C B A Modified END

MEAS:

INTRODUCTION

1-4 6 FEET APART MAN FACING WALL WAIT 2 MEAS ; ; 4 POINT STEPS TOGETHER WITH SNAPS ; ;

- 1-2 Wait ; Wait ;
3 {4 PT STPS TOG W/ SNAPS} Pt L fwd w/ outsd edge of foot in contact w/ floor, fwd L w/ snap, pt R thru w/ outsd edge of foot in contact w/ floor & in line w/ weighted foot, fwd R w/ snap (W pt R fwd w/ outsd edge of foot in contact w/ floor, fwd R w/ snap, pt L thru w/ outsd edge of foot in contact w/ floor & in line w/ weighted foot, fwd L w/ snap) ;
4 Same as Introduction meas 3 SCP ;

PART A

1-5 LINK RK SCP ~ PRETZEL TURN WITH DOUBLE ROCK : : : : :

- 1 {LINK RK SCP} Rk bk L, rec R, small trpl fwd L/R, L (W Rk bk R, rec L, small trpl fwd R/L, R) ;
2 Sd R/L, R to SCP (W Sd L/R, L to SCP), {PRTZL TRN W/ DBL RK } Rk bk L, rec R trng R to fc ptr (W Rk bk R, rec L trng L to fc ptr) ;
3 Sd L/cl R, sd L trng 1/2 RF keeping M's L & W's R hnds jnd [ptrs are in bk-bk pos], sd R/cl L, sd R trng up to 1/4 RF [ptrs are in bk-bk "V" pos w/ M's L & W's R hnds jnd bhd bks], (W Sd R/cl L, sd R trng 1/2 LF keeping M's L & W's R hnds jnd [ptrs are in a bk-bk pos], sd L/cl R, sd L trng up to 1/4 LF [ptrs are in bk-bk "V" pos w/ M's L & W's R hnds jnd bhd bks]) ;
4 {Rk fwd L crossing in front of R to LOD w/ R hnd extended fwd, rec R, rk fwd L crossing in front of R to LOD w/ R hnd extended fwd, rec R trng up to 1/4 LF (W Rk fwd R crossing in front of L to LOD w/ L hnd extended fwd undr M's, rec L, rk fwd R crossing in front of L to LOD w/ L hnd extended fwd undr M's, rec L trng up to 1/4 RF) ;
5 Sd L/cl R, sd L trng 1/2 LF to fc ptr still retaining M's L & W's R hnds, sd R/cl L, sd R (W Sd R/cl L, sd R trng 1/2 RF to fc ptr still retaining M's L & W's R hnds, sd L/cl R, sd L) ;

6-8 DOUBLE ROCK SCP ; 2 FORWARD TRIPLES ; SWIVEL WALK 4 ;

- 6 {DBL RK SCP} Rk bk L, rec R, rk bk L, rec R SCP (W Rk bk R, rec L, rk bk R, rec L SCP) ;
7 {2 FWD TRPLS} Fwd L/cl R, fwd L, fwd R/cl L, fwd R (W Fwd R/cl L, fwd R, fwd L/cl R, fwd L) ;
8 {SWVL WLK 4} Placing each foot directly in front of the other fwd L, thru R, fwd L, thru R (W Placing each foot directly in front of the other foot swvl wk fwd R, thru L, fwd R, thru L) ;

9-12 THROWAWAY TO HANDSHAKE ; START TRIPLE WHEEL 3 ~ LADY SINGLE TURN ; ; FINISH TRIPLE WHEEL LOD ;

- 9 {THRWY HNDSHK} Sd L/cl R, sd L, sd R/cl L, sd R commence 1/4 LF trn on trpls endg HNDSHK LOD (W PU R/L, R, sd & bk L/cl R, sd L commence up to 1/2 trn on the trpls endg HNDSHK RLOD) ;
10 {START TRPL WHL} Rk apt L, rec R to R hnds jnd in modified open fcg pos, commence RF whl sd L/cl R, sd L trng in twd ptr & tch her bk w/ M's L hnd (W Rk apt R, rec L to R hnds jnd trng 1/4 LF, commence RF whl sd R/cl L, sd R trng away from ptr) ;
WOMAN:; continue, continue right face wheel side right/close left, side right spinning right face on right foot to face partner; side left/close right, side left,
11 Cont RF whl sd R/cl L, sd R trng away from ptr (W Cont RF whl sd L/cl R, sd L trng twd ptr & tch his bk w/ W's L hnd), {LADY SGL TRN} Raise jnd R hnds to lead ptr's LF trn cont whl RF fwd L, fwd R almost to tandem DLC (W Fwd R trng LF undr jnd lead hnds, cont fwd L trng LF to almost TANDEM DLC) ;
12 {FIN TRPL WHL} Lead ptr to spn RF chasse fwd L/R, L release hnds, chasse R/ L, R to LOP fcg ptr & LOD (W spn RF in place R/L, R, chasse L/R, L to LOP fcg RLOD) ;

13-16 START CHANGE LEFT TO RIGHT ; GLIDE TO THE SIDE LOW BFLY ; PROGRESSIVE ROCK ; THROWAWAY ;

- 13 {START CHG L TO R} Rk bk L, rec R, sd L/cl R, sd L trng 1/4 RF trn to fc LOP FCG WALL (W Rk bk R, rec L, fwd R/cl L, fwd R trng up to 3/4 LF trn undr jnd lead hnds to fc ptr & LOP FCG COH) ;
14 {GLIDE TO SIDE} Sd R, XLif of R, sd R/cl L, sd R to low BFLYWALL (W Sd L, XRif of L, sd L/cl R, sd L to low BFLY COH) ;
15 {PROG RK} Rk apt L, rec R slightly in front of L, rk apt L, rec R slightly in front of L (W Rk apt R, rec L

- slightly in front of R, rk apt R, rec L slightly in front of R) ;
 16 {**THRWY**} Sd L/cl R, sd L, sd R/cl L, sd R commence 1/4 LF trn on trpls endg LOD (W PU R/L, R, sd & bk L/cl R, sd L commence up to 1/2 trn on the trpls endg RLOD) ;

PART B**1-3 CHANGE RIGHT TO LEFT COH ~ CHANGE HANDS BEHIND THE BACK WALL ; ;**

- 1 {**CHG R to L**} Rk bk L to SCP, rec R, sd L/cl R, sd L commence 1/4 LF trn to COH (W Rk bk R to SCP, rec L, sd R/cl L, fwd R commence 3/4 RF trn undr jnd lead hnds to WALL) ;
 2 Sd & fwd R/cl L, sd R (W Sd & slightly bk L/cl R, sd & bk L), {**CHG HNDS BHND BK**} Rk bk L, rec R (W Rk bk R, rec L) ;
 3 Fwd L start 1/4 LF trn & plcg R hnd ovr W's R hnd/cl R, fwd L releasing L hnd & comp 1/4 LF trn to TANDEM pos in front of W, sd & bk R start 1/4 LF trn & plcg L hnd bhd M's bk/cl L transferring W's R hnd to M's L hnd bhd his bk, sd & bk R comp 1/4 LF trn to fc WALL (W Fwd R start 1/4 RF trn/cl L, fwd R comp 1/4 RF trn to TANDEM pos bhd M, sd & bk L start 1/4 RF trn/cl R, sd & bk L comp 1/4 RF trn to fc COH) ;

4-8 LINDY CATCH TO HANDSHAKE ; ; MIAMI SPECIAL LOD ~ ROCK TO SOLE TAP TO FACE WITH DOUBLE HANDHOLD ; ; ;

- 4 {**LINDY CATCH**} Join lead hnds rk apt L, rec R, fwd L/R, L moving RF arnd W catching her at waist w/ R hnd releasing L hnd [M is in bk of W with R arm arnd her waist] (W Join lead hnds rk apt R, rec L, fwd R/L, R [W in front of M]) ;
 5 Fwd R, L cont arnd W, fwd R/L, R to HNDSHK fcg WALL (W Bk L, bk R still fcg same direction [no trn], bk L/R, L to HNDSHK fcg COH) ;
 6 {**MIAMI SPECIAL**} Rk apt L, rec R, fwd L/R, L trng RF 3/4 to lead W to trn LF undr jnd R hnds putting jnd hnds ovr M's head so hnds rest bhd M's neck (W Rk apt R, rec L, fwd R/L, R trn LF 3/4 undr jnd R hnds) ;
 7 Sd R/ cl L, sd R to LOP LOD (W Sd L/R, L, release hnd hold & slide R hnd down M's L arm endg w/ M's L & W's R hnds jnd in LOP LOD) {**RK TO SOLE TAP**} Rk apt L, rec R (W Rk apt R, rec L) ;
 8 Fwd L twd ptr trng 1/4 RF to sd-sd fcg LOD, bend R leg to tch M's R shoe sole to W's L shoe sole bhd supporting leg, sd R/cl L, sd R trng 1/4 LF to LOP LOD (W Fwd R twd ptr trn 1/4 LF to sd-sd, bend L leg to tch W's L shoe sole to M's R shoe sole bhd supporting leg, sd L/cl R, sd L trng 1/4 RF to LOP LOD) ;

9-13 NECK SLIDE ; ; AMERICAN SPIN ~ CHANGE RIGHT TO LEFT WALL BFLY ; ; ;

- 9 {**NECK SLIDE**} With both hnds jnd fcg ptr & LOD rk bk L, rec R raising jnd hnds up & ovr ptr's heads, fwd L/cl R to L, fwd L releasing hold & placing R hnd to rest on ptr's R shldr endg W on M's R sd (W With both hnds jnd fcg ptr & RLOD rk bk R, rec L raising jnd hnds up & ovr ptr's heads, fwd R/cl L to R, fwd R releasing hnd hold & placing R hnd to rest on ptr's R shldr endg M on W's R sd) ;
 10 Whl 1/2 RF fwd R, fwd L cont RF trn allowing R hnd to slide down ptr's arm, fwd R trng 1/4 RF to fc RLOD/cl L to R, small stp sd R to jn R hnds (W Whl 1/2 RF fwd L, fwd R cont RF trn allowing R hnd to slide down ptr's arm, fwd L trn 1/4 R to fc LOD/cl R, sd L to jn R hnds) ;
 11 {**AMER SPN**} Rk bk L, rec R, sd L/cl R to L, sd (W Rk bk R, rec L, sd R/cl L to R, sd R spinning RF one full trn) ;
 12 Sd R/cl L to R, sd R (W Sd L/cl R to L, sd L), {**CHG R TO L WALL BFLY**} Rk bk L to SCP, rec R (W Rk bk R to SCP, rec L) ;
 13 Sd L/cl R, sd L commence 1/4 LF trn, sd & fwd R/cl L, sd R WALL BFLY (W Sd R/cl L, fwd R commence 3/4 RF trn undr jnd lead hnds, sd & slightly bk L/cl R, sd & bk L) ;

14-16 ROCK RECOVER SIDE CLOSE ; TRAVELING SAND STEP 2X SCP ; ;

- 14 {**RK REC SD CL**} Rk bk L, rec R, sd L, cl R (W Rk bk R, rec L, sd R, cl L) ;
 15 {**TRAV SND STP**} Swvlg RF on R foot tch L toe to instep of R foot w/ toe pointed inward, swvlg LF on R foot small sd L, swvlg RF on L foot tch R heel to floor toe pointed outward, swvlg LF on L foot XRif (W Swvlg LF on L foot tch R toe to instep of L foot w/ toe pointed inward, swvlg RF on L foot small sd R, swvlg LF on R foot tch L heel to floor toe pointed outward, swvlg RF on R foot XLif) ;
 16 {**TRAV SND STP SCP**} Same as Part B meas 15 except blend to SCP on last stp ;

PART C**1-4 ROCK TO POINT STEPS 3X ; ; CROSS KICK 4 X ; ;**

- 1 {**RK REC PT STP**} Rk bk L, rec R, pt L fwd w/ outsd edge of foot in contact w/ floor & in line w/ weighted foot, fwd L (Rk bk R, rec L, pt R fwd w/ outsd edge of foot in contact w/ floor & in line w/ weighted foot, fwd R) ;
 2 {**2 PT STPS**} Pt R thru w/ outsd edge of foot in contact w/ floor, fwd R, pt L fwd w/ outsd edge of foot in contact w/ floor & in line w/ weighted foot, fwd L (W pt L thru w/ outsd edge of foot in contact w/ floor, fwd L, pt R fwd w/ outsd edge of foot in contact w/ floor & in line w/ weighted foot, fwd R) ;
 3 {**X KCK 4X**} Kck thru R, stp sd R, kck thru L, stp sd L (W Kck thru L, stp sd L, kck thru R, stp sd R) ;
 4 Kck thru R, stp sd R, kck thru L, stp sd L (W Kck thru L, stp sd L, kck thru R, stp sd R) ;

5-8 THRU RECOVER THRU ; THROWAWAY ; CHICKEN WALKS 2 SLOW ; 4 QUICK ;

- 5 **{THRU REC THRU}** Thru R to SCP, -, -/rec on ball of L, thru R (W Thru L to SCP, -, -/rec on ball of R, thru R) ;
- 6 **{THRWD}** Same as Part meas 16 ;
- 7 **{CHKN WLKS 2 SLO}** Small bk leading W to swvl on her foot, -, small bk leading W to swvl on her foot, - (W Swvl on L small fwd R, -, swvl on R small fwd L, -) ; **[NOTE: W's swvls are caused by M leading w/ slight turning of W's hnd in direction of her foot travel)**
- 8 **{4 QK}** Small bk leading W to swvl on her foot, small bk leading W to swvl on her foot, small bk leading W to swvl on her foot, small bk leading W to swvl on her foot to LOP FCG LOD (W Swvl on L small fwd R, swvl on R small fwd L, swvl on L small fwd R, swvl on R small fwd L to LOP FCG RLOD) ;

REPEAT B**PART A MODIFIED**

- 1-5** **LINK RK SCP ~ PRETZEL TURN WITH DOUBLE ROCK ; ; ; ; ;**
- 1-4 Same as Part A meas 1-5 ; ; ; ; ;
- 6-8** **DOUBLE ROCK SCP ; 2 FORWARD TRIPLES ; SWIVEL WALK 4 ;**
- 6-8 Same as Part A meas 6-8 ; ; ; ; ;
- 9-12** **THROWAWAY TO HANDSHAKE ; START TRIPLE WHEEL 3 ~ LADY SINGLE TURN ; ; FINISH TRIPLE WHEEL LOD ;**
- 9-12 Same as Part A meas 9-12 ; ; ; ; ;
- 13-16** **START CHANGE LEFT TO RIGHT ; GLIDE TO THE SIDE LOW BFLY ; PROGRESSIVE ROCK ; CHASSE LEFT & RIGHT SCP ;**
- 13-15 Same as Part A meas 13-15 ; ; ; ; ;
- 16 **{CHASSE L & R}** Sd L/cl R, sd L, sd R/cl L, sd R to SCP LOD (W Sd R/cl L, sd R, sd L/cl R, sd L to SCP LOD) ;

END

- 1-5** **MOOCH ; ; ; ; ;**
- 1 **{MOOCH}** Rk bk L, rec R, flick L fwd from knee slightly off floor, cl L (W Rk bk R, rec L, flick R fwd from knee slightly off floor, cl R) ;
- 2 Flick R fwd from knee slightly off floor, cl R, rk bk L, rec R (W Flick L fwd from knee slightly off floor, cl L, rk bk R, rec L) ;
- 3 Trng RF 1/2 sd L/cl R, sd L, rk bk R, rec L (W Trng LF 1/2 sd R/cl L, sd R, rk bk L, rec R) ;
- 4 Flick R fwd from knee slightly off floor, cl R, flick L fwd from knee slightly off floor, cl L (W Flick L fwd from knee slightly off floor, cl L, flick R fwd from knee slightly off floor, cl R) ;
- 5 Rk bk R, rec L, trng LF 1/2 sd R/cl L, sd R (W Rk bk L, rec R, trng RF 1/2 sd L/cl R, sd L) ;
- 6-8** **RIGHT TURNING FALLAWAY 2X SCP ; ; ;**
- 6 **{R TRNG FALWY}** Rk bk L to SCP, rec R to fc, commence 1/4 RF trn sd L/cl R, comp trn sd L (W Rk bk R to SCP, rec L to fc, commence 1/4 RF trn sd R/cl L, comp trn sd R) ;
- 7 Commence 1/4 RF trn sd R/cl L, comp trn sd R (W Commence 1/4 RF trn sd L/cl R, comp trn sd L) ; **{R TRNG FALWY}** Rk bk L to SCP, rec R to fc, (W Rk bk R to SCP, rec L to fc) ;
- 8 Commence 1/4 RF trn sd L/cl R, comp trn sd L, commence 1/4 RF trn sd R/cl L, comp trn sd R (W Commence 1/4 RF trn sd R/cl L, comp trn sd R, commence 1/4 RF trn sd L/cl R, comp trn sd L) ;
- 9-13** **MOOCH ; ; ; ; ;**
- 9-13 Same as End meas 1-5 ; ; ; ; ;
- 14-18** **SPANISH ARMS 2X BFLY ; ; ; ROCK RECOVER WRAP IN 2 ; POINT SIDE & HOLD ;**
- 14 **{SPAN ARMS}** Rk bk L, rec R trng RF, sd L/cl R, sd L cont RF trn; (W Rk bk R, rec L trng 1/4 LF, sd R/cl L, sd R trng 3/4 RF) ;
- 15 Sd R/cl L, sd R (W Sd L/cl R, sd L), **{SPAN ARMS}** Rk bk L, rec R trng RF (W Rk bk R, rec L trng 1/4 LF) ;
- 16 Sd L/cl R, sd L cont RF trn, sd R/cl L, sd R (W Sd R/cl L, sd R trng 3/4 RF sd L/cl R, sd L) ;
- 17 **{RK REC WRP IN 2}** Rk bk L, rec R, small bk L raising lead hnds, cl R lead W to trn LF undr jnd lead hnds to WRPD pos fcg WALL (W Rk bk R, rec L, fwd R trng LF 1/2 undr jnd lead hnds to WRPD pos fcg WALL, cl L) ;
- 18 **{PT SD & HOLD}** Pt L & look at ptr, -, -, - (W Pt R & look at ptr, -, -, -) ;