

FOLLOW ME

Released:	October 2019		
Choreographer:	Jack & Christa Gail Pointer	12346 Marilyn Lane Hammond, LA 70403	(225) 294-2118 Email: jackpointer@charter.net
Music:	"Follow Me" (CD: Double Wide, Track # 4)		Artist: Uncle Kracker
Time/Speed:	Time@RPM	3:38@45	
Footwork:	Opposite unless indicated (Woman's in parenthesis)		
Rhythm/Phase:	Rumba, RAL Phase IV		
Degree Of Difficulty:	AVG		
Sequence:	Intro – A – B – C – B – INTER 1 – D – INTER 2 – A – B – B – Ending		

		Introduction
<u>Meas</u>		
<u>1 – 4</u>		<u>WAIT ; ; BASIC ; ;</u>
	1 – 2	In BFLY 2 measures ; ;
	3 – 4	{Basic} Fwd L, Rec R, Sd L, - ; Bk R, Rec L, Sd R, - ;

		Part A
<u>Meas</u>		
<u>1 – 4</u>		<u>ALEMANA ; ; LARIAT ; ; (BFLY)</u>
	1 – 2	{Alemana} Rk Fwd L, Rec R, Cl L, - ; Rk Bk R, Rec L, Sd R, - ; (W XLIF Trng RF, Fwd R, Sd L, - ;)
	3 – 4	{Lariat} Sd L, Rec R, Cl L, - ; (W Circ RF around M R,L,R, - ;) Sd R, Rec L, Cl R, - ; (W Cont RF around L,R,L, - ;) to BFLY
<u>5 – 8</u>		<u>NEW YORKER ; CRAB WALK ; SIDE WALK ; NEW YORKER ;</u>
	5	{New Yorker} Swvl Thru L, Rec R Swvl to FC, Sd L, - ;
	6	{Crab Walk} XRIF, Sd L, XRIF, - ;
	7	{Side Walk} Sd L, Cl R, Sd L, - ;
	8	{New Yorker} Swvl Thru R, Rec L Swvl to FC, Sd R, - ; to BFLY

		Part B
<u>Meas</u>		
<u>1 – 4</u>		<u>½ BASIC ; FAN ; HOCKEY STICK ; ;</u>
	1 – 2	{1/2 Basic} Fwd L, Rec R, Sd L, - ; {Fan} Bk R, Rec L, Sd R, - ; (W Fwd L, Rec R Trng LF to FC RLOD, Bk L, - ;)
	3 – 4	{Hockey Stick} Fwd L, Rec R, Cl L, - ; (W Cl R, Fwd L, Fwd R, - ;) Bk R, Rec L, Fwd R following W DRW, - ; (W Fwd L, Fwd R Trng LF Under Jnd Lead Hands to FC PTNR, Sd & Bk L on diagonal, - ;) to BFLY/DRW
<u>5 – 8</u>		<u>FENCE LINE ; AIDA ; SWITCH CROSS ; CUCARACHA ;</u>
	5 – 6	{Fence line} X Lun L, Rec R, Sd L, - ; {Aida} Thru R Trng RF, Sd L Cont RF Trn, Bk R to V BK to BK POS RLOD, - ;
	7 – 8	{Switch Cross} Trng LF to FC Ptnr Sd L bringing Jnd Lead Hands Thru, Rec R, XLIF Trng LF to FC PTNR - ; {Cucaracha} Rk Sd R, Rec L, Cl R, - ;

Part C		
<u>Meas</u>		
<u>1 – 8</u>		<u>CHASE PEEK-A-BOO DOUBLE ; ; ; ; ; ; ; ;</u>
	1 – 8	{Chase Peek-A-Boo Double} Fwd L Trng 1/2 RF, Rec R, Fwd L, - ; Rk Sd R looking over L shldr, Rec L, Cl R, - ; Rk Sd L looking over R shldr, Rec R, Cl L, - ; Fwd R Trng 1/2 LF, Rec L, Fwd R, - ; Rk Sd L, Rec R, Cl L, - ; Rk Sd R, Rec L, Cl R, - ; Fwd L, Rec R, Bk , - ; Bk R, Rec L, Fwd R, - ; (W Bk R, Rec L, Fwd R, - ; Rk Sd L, Rec R, Cl L, - ; Rk Sd R, Rec L, Cl R, - ; Fwd L Trng 1/2 RF, Rec R, Fwd L, - ; Rk Sd R looking over L shldr, Rec L, Cl R, - ; Rk Sd L looking over R shldr, Rec R, Cl L, - ; Fwd R Trng 1/2 LF, Rec L, Fwd R, - ; Fwd L, Rec R, Bk L, - ;) to BFLY/WALL

INTERLUDE 1		
<u>Meas</u>		
<u>1 – 2</u>		<u>OPEN BREAK ; WHIP ; CHASE ; ; ; ; OPEN BREAK ; WHIP ;</u>
	1 – 2	{Open Break} Lead Hands Jnd while raising Trlng Hands Rk Apt L, Rec R, Cl L, - ; {Whip} Bk R Trng ¼ LF, Rec & Fwd L Cont LF Trn to FC PTNR Sd R, - ; (W Fwd L outside around to M’S L Sd, Fwd R Trng ½ LF, Sd L to FC PTNR, - ;)
<u>3 – 6</u>		<u>CHASE ; ; ; ;</u>
	3 – 6	{Chase} Fwd L Trn ½ RF, Rec R, Fwd L, - ; Fwd R Trn ½ LF, Rec L, Fwd R, - ; Fwd L, Rec R, Bk L, - ; Bk R, Rec L, Fwd R, - ; (W Bk R, Rec L, Fwd R, - ; Fwd L Trn ½ RF, Rec R, Fwd L, - ; Fwd R Trn ½ LF, Rec L, Fwd R, - ; Fwd L, Rec R, Bk L, - ;) to BFLY/WALL
<u>7 – 8</u>		<u>OPEN BREAK ; WHIP ;</u>
	7 – 8	{Open Break} Lead Hands Jnd while raising Trlng Hands Rk Apt L, Rec R, Cl L, - ; {Whip} Bk R Trng ¼ LF, Rec & Fwd L Cont LF Trn to FC PTNR Sd R, - ; (W Fwd L outside around to M’S L Sd, Fwd R Trng ½ LF, Sd L to FC PTNR, - ;)

Part D		
<u>Meas</u>		
<u>1 – 4</u>		<u>BREAK BACK TO OPEN ; PROGRESSIVE WALK 3 ; SLIDE THE DOOR TWICE ; ;</u>
	1 -4	{Break Back To Open} Swvl ¼ LF on R FT Bk L to OP LOD, - ; (W Swvl ¼ RF on L FT Bk R to OP LOD, - ;) {Progressive Walk} FWD R, L, R, - ; {Slide the Door} Rk Sd L, Rec R, XLIF of R, - ; (W XRIF of M) Rk Sd R, Rec L, XRIF of L, - ; (W XLIF of M)
<u>5 – 8</u>		<u>CIRCLE AWAY & TOGETHER ; ; FENCE LINE TWICE ; ;</u>
		{Circle Away & Together} Circle Away From Ptnr LF Trn Fwd L, R, L, - ; (W Circle Away From Ptnr RF Trn Fwd R, L, R, - ;) Circle Towards Ptnr Cont LF Trn Fwd R, L, R, - ; (W Circle Towards Ptnr Cont RF Trn Fwd L, R, L, - ;) {Fence Line} X Lun L, Rec R, Sd L, - ; X Lun R, Rec L, Sd R, - ;

INTERLUDE 2		
<u>Meas</u>		
1 – 4		<u>TIME STEP TWICE ; ; BASIC ; ;</u>
1 – 4		{Time Step} XIB L, Rec R, Sd L, - ; XIB R, Rec L, Sd R, - ; {Basic} Fwd L, Rec R, Sd L, - ; Bk R, Rec L, Sd R, - ;
5 - 8		<u>CUCARACHA TWICE ; ; OPEN BREAK ; SPOT TURN ;</u>
5 – 8		{Cucaracha} Rk Sd L, Rec R, Cl L, - ; Rk Sd R, Rec L, Cl R, - ; {Open Break} Lead Hands Jnd while raising Trlng Hands Rk Apt L, Rec R, Cl L, - ; {Spot Turn} XRIF of L Trng ½ LF (W RF) Drop Hands Cont LF Trn, Rec L to FC Ptnr, Sd R, - ;

Ending		
<u>Meas</u>		
1 – 4		<u>CHASE WITH AN UNDERARM PASS ; ; OPEN BREAK ; WHIP ;</u>
1 – 4		{Chase with an Underarm Pass} Fwd L Trn ½ RF, Rec Fwd R, Fwd L, - ; Bk R, Rec L, Sd R, - ; (W Bk R, Rec L, Fwd R toward M's L Sd, - ; Fwd L, Fwd R Trn ½ LF to FC Ptnr Under Jnd Hands, Sd L, - ;) to BFLY/COH {Open Break} Lead Hands Jnd while raising Trlng Hands Rk Apt L, Rec R, Cl L, - ; {Whip} Bk R Trng ¼ LF, Rec & Fwd L Cont LF Trn to FC PTNR Sd R, - ; (W Fwd L outside around to M'S L Sd, Fwd R Trng ½ LF, Sd L to FC PTNR, - ;)
5 – 8		<u>HAND TO HAND THREE TIMES ; ; ; AIDA & HOLD ;</u>
5		{Hand to Hand} Swvl Sharply ¼ LF on R FT Bk L to OP LOD, Rec R Trng ¼ RF to FC Ptnr, Sd L, - ; (W Swvl Sharply ¼ RF on L FT Bk R to OP LOD, Rec L Trng ¼ LF to FC Ptnr, Sd R, - ;) Swvl Sharply ¼ RF on L FT Bk R to LOP, Rec L Trng ¼ LF to Fc Ptnr, Sd R, - ; (W Swvl Sharply ¼ LF or R FT Bk L to LOP, Rec R Trng ¼ RF to FC Ptnr, Sd L, - ;) Swvl Sharply ¼ LF on R FT Bk L to OP LOD, Rec R Trng ¼ RF to FC Ptnr, Sd L, - ; (W Swvl Sharply ¼ RF on L FT Bk R to OP LOD, Rec L Trng ¼ LF to FC Ptnr, Sd R, - ;) {Aida & Hold} Thru R Trn RF, Sd L Cont RF Trn, Bk R to V BK to BK POS RLOD, - ;

Introduction	
1 – 4	WAIT ; ; ; BASIC ; ; ;
Part A	
1 – 4	ALEMANA to a LARIAT ; ; ; ; (BFLY)
5 – 8	NEW YORKER ; CRAB WALK ; SD WALK ; NEW YORKER ;
Part B	
1 – 4	½ BASIC ; FAN ; HOCKEY STICK ; ;
5 – 8	FENCE LINE ; AIDA ; SWITCH CROSS ; CUCARACHA ;
Part C	
1 – 8	CHASE PEEK-A-BOO DOUBLE ; ; ; ; ; ; ; ;
Part B	
1 – 4	½ BASIC ; FAN ; HOCKEY STICK ; ;
5 – 8	FENCE LINE ; AIDA ; SWITCH CROSS ; CUCARACHA ;
INTERLUDE 1	
1 – 2	OP BRK ; WHIP ;
3 – 6	CHASE ; ; ; ;
7 – 8	OP BRK ; WHIP ;
Part D	
1 – 4	BRK BK to OP ; PROG WALK 3 ; SLD THE DOOR twice ; ;
5 – 8	CIRC AWAY & TOG ; ; ; FENCE LINE twice ; ;
INTERLUDE 2	
1 – 4	TIME STEP twice ; ; ; BASIC ; ; ;
5 – 8	CUCARACHAS twice ; ; ; OP BRK ; SPOT TURN ;
Part A	
1 – 4	ALEMANA to a LARIAT ; ; ; ; (BFLY)
5 – 8	NEW YORKER ; CRAB WALK ; SD WALK ; NEW YORKER ;
Part B	
1 – 4	½ BASIC ; FAN ; HOCKEY STICK ; ;
5 – 8	FENCE LINE ; AIDA ; SWITCH CROSS ; CUCARACHA ;
Part B	
1 – 4	½ BASIC ; FAN ; HOCKEY STICK ; ;
5 – 8	FENCE LINE ; AIDA ; SWITCH CROSS ; CUCARACHA ;
ENDING	
1 – 4	CHASE WITH AN UNDERARM PASS ; ; ; OP BRK ; WHIP ;
5 – 8	HAND TO HAND three times ; ; ; AIDA & HOLD ;