

Go With The Flow

64 count, 4 wall, improver level

Choreographer: Peter Metelnick and Alison Biggs (UK) December 2008

Choreographed to: "Let Your love Flow" (7th Heaven Radio Edit) by Mike Melange feat. Alan Connor (125 bpm)

16 Count intro

Section 1 Jazz Box Cross, Side Switches, Step, Step, Pivot 1/2

- 1 – 2 Cross right over left. Step left back.
- & 3 – 4 Step right beside left. Cross left over right. Point right toes to right side.
- & 5 Step right beside left. Point left toes to left side.
- & 6 Step left beside right. Step right forward.
- 7 – 8 Step left forward. Pivot 1/2 turn right. (6:00)

Section 2 Step, Touch, Back Shuffle, Back, Touch, Forward Shuffle

- 1 – 2 Step left forward. Touch right beside left.
- 3 & 4 Step right back. Close left beside right. Step right back.
- 5 – 6 Step left back. Touch right beside left.
- 7 & 8 Step right forward. Close left beside right. Step right forward. (6:00)

Section 3 Step, Pivot 1/4, Cross Shuffle, Side Rock, Coaster Step

- 1 – 2 Step left forward. Pivot 1/4 turn right. (9:00)
- 3 & 4 Cross left over right. Step right to right side. Cross left over right.
- 5 – 6 Rock right to right side. Recover onto left.
- 7 & 8 Step right back. Step left beside right. Step right forward. (9:00)

Section 4 Heel Switches (Travelling Forward), Step, Step, Pivot 1/2, Step

- 1 & Touch left heel forward. Step left in place.
- 2 & Touch right heel forward. Step right in place.
- 3 & Touch left heel forward. Step left in place.
- 4 & Touch right heel forward. Step right in place.

Note Heel switches are done travelling forward, not on the spot

- 5 – 8 Step left forward. Step right forward. Pivot 1/2 left. Step right forward. (3:00)

Section 5 Diagonal lock Steps, Step, Pivot 1/2, Diagonal Forward Shuffle

- 1 – 2 Travelling to left diagonal (1:00), step left forward. Lock right behind left.
- 3 & 4 Step left forward. Lock right behind left. Step left forward.
- 5 – 6 Step right forward. Pivot 1/2 left to opposite diagonal (7:00).
- 7 & 8 Step right forward. Close left beside right. Step right forward. (7:00)

Section 6 Diagonal lock Steps, Step, Pivot 1/2, Diagonal Forward Shuffle

- 1 – 2 Travelling to left diagonal (7:00), step left forward. Lock right behind left.
- 3 & 4 Step left forward. Lock right behind left. Step left forward.
- 5 – 6 Step right forward. Pivot 1/2 left to opposite diagonal (1:00).
- 7 & 8 Step right forward. Close left beside right. Step right forward. (1:00)

Section 7 Step, Touch, & Heel & Step, Step, Point, Coaster Step

- 1 – 2 Step left forward. Touch right beside left.
- & 3 Step right back. Touch left heel forward.
- & 4 Step left beside right. Step right slightly forward (squaring up to wall). (3:00)
- 5 – 6 Step left forward. Point right toes to right side.
- 7 & 8 Step right back. Step left beside right. Step right forward.

Section 8 Step, Pivot 1/2, Forward Shuffle. Step. Touch, & Kick Ball Change

- 1 – 2 Step left forward. Pivot 1/2 turn right. (9:00)
- 3 & 4 Step left forward. Close right beside left. Step left forward.
- 5 – 6 & Step right forward. Touch left beside right. Step left back.
- 7 & 8 Kick right forward. Step right beside left. Step onto left in place. (9:00)

Quelle:

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