

Rollin' With The Flow (□□□□□)

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Count: 32 **Wall:** 4 **Level:** Beginner/Intermediate

Choreographer: John [Growler] Rowell (UK) Aug 07

Music: Rollin' With The Flow by Mark Chesnutt (90 bpm) CD: CDX, Vol. 427

□□□ **16 counts**

/ 12 seconds, Start on the word "HEAD"

□□□

Side-Cross Rock-Recover, 1/4 Shuffle,

Step, 1/2 Pivot, Right-Lock-Step

□□□ □□□□ , 1/4□□□ , □ , □ 1/2, □□□

1-3

(1)Step Right To Right, (2)Cross Rock Left Over Right, (3)Recover On

Right [12] □□□□ , □□□□□□□□ , □□□□ (12□□)

4&5

(4)Step Left Quarter Turn Left [Ccw], (&)Step Right Next To Left,

(5)Step Left Forward [9]

□□ 90□□□□ [□□□□], □□□□ , □□□□ (9□□)

6-7

(6)Step Right Forward, (7)Pivot Half Turn Left [Ccw. 3]

□□□□ , □□ 180□ (□□□□ 3□□)

8&1

(8)Step Right Forward, (&)Lock Left Behind Right, (1)Step Right

Forward [3] □□□□ , □□□□□□□□ , □□□□

□□

1/4 Turn, Back Rock-&-Side,

Behind-Side-Cross, Sway-Sway

□ 1/4, □ □ -□ , □ -□ -□□ , □□ -□□

2-3

(2)Step Left Forward Turning Quarter Right [Cw], (3)Rock Right Behind

Left [6]□□ 90□□□□ (□□□) , □□□□□□

&4

(&)Recover On Left, (4)Step Right To Right [6]

□□□□ , □□□□ (6□□)

5&6

(5)Step Left Behind Right, (&)Step Right To Right, (6)Cross Left In

Front Of Right [6]

□□□□□□ , □□□□ , □□□□□□□□ (6□□)

7-8

(7)Step Right To Right Swaying Hips Right, (8)Sway Hips To Left [6]

□□□□□□ , □□□ (6□□)

□□

Sweep, Behind-Side-Front, Side

Rock-&-Cross, Full Roll Forward

□□ , □ -□ -□ , □ □□ -□□ , □□□

1

(1) Turn Quarter Left [Ccw] On Ball Of Right Sweeping Left Out And Behind

Right [3] 90 ()

2&3

(2) Cross Left Behind Right, (&) Step Right To Right, (3) Cross Left

Over Right [3] , ,

4&5

(4) Rock Right To Right, (&) Recover On Left, (5) Cross Right Over Left

[3] , , (3)

6

(6) Step Left Forward Quarter Turn Left [Ccw,

12]

90 (12)

7

(7) On Ball Of Left Pivot Quarter Turn Left Stepping Back On Right [Ccw, 9] 90

(9)

8

(8) On Ball Of Right Pivot Half Turn Left Stepping Forward On Left [3] 180

Step-Syncopated Jazz Box, Side-Cross

Rock-Recover, 3 Step Full Turn

, - - ,

1-2

(1)Step Forward Right, (2)Cross Left Over Front Of Right [3]

□□□□ , □□□□□□□□ (3□□)

3&

(3)Step Back On Right, (&)Step Left To Left [3]

□□□□ , □□□□ (3□□)

4-5

(4)Cross Right Over Front Of Left, (5)Step Left To Left [3]

□□□□□□□□ , □□□□ (3□□)

6-7

(6)Cross Rock Right Over Left, (7)Recover On Left [3]

□□□□□□□□ , □□□□ (3□□)

8&1

(8)Step Right Quarter Turn Right [Cw, 6] (&)On

Ball Of Right Pivot Quarter Right Stepping Left To Left [Cw, 9] (1)On Ball Of Left Pivot Half Turn

Right Stepping Right To Right [Cw, 3]

□□ 90□□□□ (□□□ 6□□) , □□□□ 90□□□□ (□□□ 9□□) , □□□□ 90□□□□ (□□□ 3□□)

8&1 Easy alternative

□□□

Right Side Shuffle (8)Step Right To Right,

(&)Step Left Next To Right, (1)Step Right To Right [3]

□□□□ :□□□□ , □□□□ , □□□□ (3□□)