

ROLLIN' WITH THE FLOW

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

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

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

Intro: 16 counts / 12 seconds, Start on the word "HEAD"

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1-9SIDE-CROSS ROCK-RECOVER, 1/4 SHUFFLE, STEP, 1/2 PIVOT, RIGHT-LOCK-STEP

1-2-3(1)Step right to right, (2)cross rock left over right, (3)recover on right [12]

4&5(4)Step left quarter turn left [CCW], (&)step right next to left, (5)step left forward [9]

6-7(6)Step right forward, (7)pivot half turn left [CCW. 3]

8&1(8)Step right forward, (&)lock left behind right, (1)step right forward [3]

10-161/4 TURN, BACK ROCK-&-SIDE, BEHIND-SIDE-CROSS, SWAY-SWAY

2-3(2)Step left forward turning quarter right [CW], (3)rock right behind left [6]

&4(&)Recover on left, (4)step right to right [6]

5&6(5)Step left behind right, (&)step right to right, (6)cross left in front of right [6]

7-8(7)Step right to right swaying hips right, (8)sway hips to left [6]

17-24SWEEP, 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]

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]

6(6)Step left forward quarter turn left [CCW, 12]

7(7)On ball of left pivot quarter turn left stepping back on right [CCW, 9]

8(8)On ball of right pivot half turn left stepping forward on left [3]

25-32STEP-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)Step back on right, (&)step left to left [3]

4-5(4)Cross right over front of left, (5)step left to left [3]

6-7(6)Cross rock right over left, (7)recover on left [3]

8(8)Step right quarter turn right [CW, 6]

&(&)On ball of right pivot quarter right stepping left to left [CW, 9]

1(1)On ball of left pivot half turn right stepping right to right [CW, 3]

Count (1) is the first step of the dance

Start again from count 2 - with a BIG smile

Easy alternative for the last "8&1"

RIGHT SIDE SHUFFLE

8&1(8)Step right to right, (&)step left next to right, (1)step right to right [3]