

Go With The Flow! □□□□□□

Count: 64 **Wall:** 4 **Level:** Beginner/Intermediate

Choreographer: Peter & Alison (TheDanceFactoryUK) Dec 08

Music: Let Your Love Flow (7th Heaven Radio Edit) by Alan Connor (CD: 125bpm)

□□□ **start after 16 count intro 16**□□□□

□□□

R Jazz Ball Cross, R &

L Side Switches, R Fwd, L Fwd, ½ R Pivot Turn

□□□□□□ , □ &□□□□ , □□ , □□ , □□ 1/2

1-2

Cross step R over L, step L back

□□□□□□□□ , □□□□

&3-4

Step R next to L, cross step L over R, point R toes to

right side

□□□□ , □□□□□□□□ , □□□□

&5&6

Step R together, point L toes to left side, step L

together, step R forward □□□□ , □□□□ , □□□□ , □□□□

7-8

Step L forward, pivot ½ right (6 o'clock)

□□□□ , □□ 180° (□□ 6□□)

□□□

L Fwd Step Touch, R

Shuffle Back, L Back Step Touch, R Fwd Shuffle

□□□□ , □□□□ , □□□□ , □□□□

1-2

Step L forward, touch R together □□□□ , □□□□

3&4

Step R back, step L together, step R back

□□□□ , □□□□ , □□□□

5-6

Step L back, touch R together □□□□ , □□□□

7&8

Step R forward, step L together, step R forward (6

o'clock)

□□□□ , □□□□ , □□□□ (□□ 6□□)

□□□

L Fwd, ¼ R Pivot Turn, L

Cross Shuffle, R Side Rock & Recover, R Coaster Step □□ , □□ 1/4, □□□□ , □□□□□□ , □□□□

1-2

Step L forward, pivot ¼ right (9 o'clock)

□□□□ , □□ 90□ (□□ 9□□)

3&4

Cross step L over R, step R side, cross step L over R

□□□□□□□□ , □□□□ , □□□□□□□□

5-6

Rock R side, recover weight on L □□□□ , □□□□

7&8

Step R back, step L together, step R forward (9

o'clock)

□□□□ , □□□□ , □□□□ (□□ 9□□)

□□□

4 Travelling Fwd Heel

Switches, L Fwd, R Fwd, 1/2 L Pivot Turn, R Fwd

□□□□□□□□ , □□ , □□ , □□ 1/2, □□

1&2&

Touch L heel forward, step L in place, touch R heel

forward, step R in place □□□□ , □□□□ , □□□□ , □□□□

3&4&

Touch L heel forward, step L in place, touch R heel

forward, step R in place □□□□ , □□□□ , □□□□ , □□□□

Note:

Travel forward as you do the heel switches; they are

NOT done on the spot □□□□□□□□□□ , □□□□□□□□□□

5-8

Step L forward, step R forward, pivot 1/2 left, step R

forward (3 o'clock)□□□□ , □□□□ , □□ 180□ , □□□□ (□□ 3□□)

□□

Diagonal Lock Steps, R Fwd, 1/2 L Pivot Turn,

Diagonal R Fwd Shuffle

□□□□ , □□ , □□ 1/2,

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1-2

Travelling toward L diagonal (1 o'clock):

step L forward, lock R behind L □□□□ (1□□□)□□□ , □□□□□□

3&4

Step L forward, lock R behind L, step L forward

□□□□ , □□□□□□□□ , □□□□

5-6

Step R forward, pivot 1/2 left to opposite diagonal (

hour="19" minute="0">7 o'clock

>)

□□□□ , □□ 180□□□□□□□□ (□□ 7□□)

7&8

Step R forward, step L together, step R forward (

hour="19" minute="0">7 o'clock

>)

□□□□ , □□□□ , □□□□ (□□ 7□□)

□□□

Diagonal Lock Steps, R Fwd, 1/2 L Pivot Turn,

Diagonal R Fwd Shuffle

□□□□ , □ , □□□ 1/2,

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1-2

Travelling toward diagonal (7 o'clock) step

L forward, lock R behind L □□□□ (7□□□□)□□□□ , □□□□□□□□

3&4

Step L forward, lock R behind L, step L forward

□□□□ , □□□□□□□□ , □□□□

5-6

Step R forward, pivot 1/2 left to opposite diagonal (

hour="13" minute="0">1 o'clock

>)

□□□□ , □□ 180□□□□□□□□ (□□ 1□□)

7&8

Step R forward, step L together, step R forward (

hour="13" minute="0">1 o'clock

>)

□□□□ , □□□□ , □□□□ (□□ 1□□)

□□□

L Fwd, R Touch Behind, R Back, L Heel Fwd, L

Tog, R Fwd Squaring To Wall, L Fwd, R Side Point, R Sailor Step

□□

mso-font-kerning:0pt">, □□ , □□ , □□ , □□ , □□□□ , □□ , □□□ , □□□

1-2

Step L forward, touch R together □□□□ , □□□□

&3

Step R back, touch L heel forward □□□□ , □□□□□

&4

Step L together, step R slightly forward squaring off

to side wall (3 o'clock)□□□□ , □□□□□□□□ (□□ 3□□)

5-6

Step L forward, point R toes to right side □□□□ , □□□□□

7&8

Step R back, step L together, step R forward (

hour="15" minute="0">3 o'clock

>)

□□□□ , □□□□ , □□□□ (□□ 3□□)

□□□

L Fwd, 1/2 R Pivot Turn, L Fwd Shuffle, R Fwd

Step Touch, L Back & R Kick Ball Change

□□

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mso-font-kerning:0pt">□□□□ , □□□□ , □□ , □□□□

1-2

Step L forward, pivot ½ right □□□□ , □□ 180°

3&4

Step L forward, step R together, step L forward

□□□□ , □□□□ , □□□□

5-6&

Step R forward, touch L together, step L back

□□□□ , □□□□ , □□□□

7&8

Kick R forward, step R together, step L together (9

o'clock)

□□□□ , □□□□ , □□□□ (□□ 9□□)