

GO WITH THE FLOW

LINEDANCE.COM

Count: 32

Wall: 2

Level: beginner/intermediate

Choreographer: John Sharman

Music: Muddy Water by Speed Limit

STEP, TOUCH, BACK, LOCK

1-2 Step forward on left, touch right toe behind left heel

3-4 Step back on right, lock left over right

BACK, TOUCH, FORWARD, TOUCH

5-6 Step back on right, touch left toe over right

7-8 Step forward left, touch right behind left heel

SHUFFLE TURN, SCUFF

9-10 Step back right making $\frac{1}{4}$ turn right, step left beside right

11-12 Make $\frac{1}{4}$ turn right stepping forward on right, scuff left foot forward

TRIPLE $\frac{1}{2}$ TURN, KICK

13-14 Step slightly forward on left making $\frac{1}{4}$ turn right, step right beside left

15-16 Step back left, kick right foot forward

SLOW COASTER, HOLD

17-18 Step back right, step on left beside right

19-20 Step forward right, hold for one beat

ROCK, RECOVER, CROSS, HOLD

21-22 Rock left to left side, recover on to right

23-24 Cross left over right, hold for one beat

ROCK, RECOVER, TURN, STEP

25-26 Rock forward on right, recover on to left

27-28 Make a $\frac{1}{2}$ turn back stepping forward on right, step forward left

ROCK, RECOVER, BACK, HEEL

29-30 Rock forward right, recover on left

31-32 Step back right, touch left heel forward

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=53234