

# LET IT FLOW

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**Count:** 64

**Wall:** 4

**Level:** intermediate/advanced

**Choreographer:** Gail Turnbull

**Music:** Nu Flow by Big Brovaz

## STOMP BALL STEP, POINT CROSS, BACK STEP LOCK STEP, ½ TURN, POINT

- 1&2** Stomp right foot (no weight), step down on right, step left forward
- 3-4** Point right foot out to right diagonal, cross right in front of left taking weight
- 5&6** Step back on left, lock right in front of left, step back on left
- 7-8** Make ½ turn right step forward on right, point left out to left side

## BODY ROLL MAKING ¼ TURN LEFT, CROSS UNWIND, CROSS ROCK, ¼ TURN SHUFFLE

- 1-3** Body roll over 3 counts making ¼ turn left (weight must end on left foot)
- 4-5** Cross right behind left, unwind ½ turn right (weight should now be on right)
- 6&** Cross rock left over right, recover weight on right
- 7&8** Make quarter turn left stepping forward on left, step right next to left, step forward on left

## STEP ½ TURN, POINT, KICK, TOUCH, KNEE BENDS, RIGHT TOE TOUCH

- 1-2** Step forward on right, pivot ½ turn left
- 3-4** Point right toe forward, kick right to right side
- 5-6** Touch right toe behind left heel, bend knees out
- 7-8** Straighten knees, touch right toe to right diagonal (start of toe strut)

## DROP HEEL, KICK BALL CHANGE, TOE STRUT, KICK BALL CHANGE, CROSS RIGHT OVER LEFT

- 1** Drop right heel (completing toe strut)
- 2&3** Kick left foot to right diagonal, step down on ball of left, step right next to left
- 4-5** Touch left toe to left diagonal, drop left heel
- 6&7** Kick right foot to left diagonal, step down on ball of right, step left next to right
- 8** Cross right over left (start of cross rock)

## RECOVER, ¾ TRIPLE TURN, CROSS ROCK, ¼ TURN, STEP ½ TURN

- 1** Recover weight on left (completing cross rock)

- 2&3 Make triple turn left - stepping right, left, right
- 4-5 Cross rock left over right, recover weight on right
- 6-7 Step left to left making  $\frac{1}{2}$  turn left, step right to right
- 8 On ball of right, make  $\frac{1}{2}$  turn right stepping left to left side

### **BEHIND TURN STEP, ROCK STEP, COASTER STEP, SIDE STEP**

- 1-3 Cross right behind left, make  $\frac{1}{4}$  turn left stepping forward on left, step forward on right
- 4-5 Rock forward on left, recover weight on right
- 6&7 Step back on left, step right next to left, step forward on left
- 8 Step right to right side (start of scissor step)

### **STEP TOGETHER, CROSS UNWIND WITH HEEL BOUNCES, SAILOR STEP, CROSS UNWIND**

- 1-2 Step left beside right, cross right over left (completing scissor step)
- 3-4 Unwind  $\frac{1}{2}$  turn left with two heel bounces
- 5&6 Cross left behind right, step right next to left, step left to left side
- 7-8 Cross right behind left, unwind  $\frac{1}{2}$  turn right (weight must be on left)

### **TOUCH, SCOOT BACK, $\frac{1}{2}$ TURN, HOLD, TOE TOUCHES**

- 1&2 Touch right next to left, scoot back on left, step back on right
- 3-4 Make  $\frac{1}{2}$  turn left stepping forward on left, hold for one count
- 5-6 Touch right toe forward, touch right toe to right side
- &7 Step right beside left, touch left toe to left side
- &8 Step left beside right, touch right to right side

### **REPEAT**

### **RESTART**

**On wall 5, dance to count 39 on count 40 make  $\frac{1}{4}$  turn right stepping forward on left foot then start dance again.**