

Go With The Flow

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: John Sharman (UK)

Musik: Muddy Water - 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
