

Go With The Flow

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Mairi F McFarlane (SCO)

Musik: Mockingbird (feat. Krystal Keith) - Toby Keith



SYNCOPATED WEAVE, CROSS POINT, CROSS & UNWIND

- 1-2 Step right foot to right side, step left foot behind right foot
- &3-4 Step right foot to right side, cross left foot over right foot, point right toes to right side
- 5-6 Cross right foot over left foot, point left toes to left side
- 7-8 Cross left foot over right, unwind $\frac{1}{2}$ turn right (weight now on left foot)

SYNCOPATED WEAVE, CROSS POINT, CROSS & UNWIND

- 1-2 Step right foot to right side, step left foot behind right foot
- &3-4 Step right foot to right side, cross left foot over right foot, point right toes to right side
- 5-6 Cross right foot over left foot, point left toes to left side
- 7-8 Cross left foot over right, unwind $\frac{1}{2}$ turn right (weight now on left foot)

FORWARD ROCK, $\frac{1}{2}$ TURN SHUFFLE RIGHT, FORWARD ROCK & $\frac{1}{2}$ TURN SHUFFLE LEFT

- 1-2 Rock forward on right foot, rock weight back onto left foot
- 3&4 Shuffle turn $\frac{1}{2}$ right (right foot, left foot, right foot)
- 5-6 Rock forward on left foot, rock weight back onto right foot
- 7-8 Shuffle turn $\frac{1}{2}$ left (left foot, right foot, left foot)

KICK BALL POINT TWICE, CROSS, UNWIND & HIP ROTATE

- 1&2 Kick right foot forward, step onto right foot (in place), point left toes to left side
- 3&4 Kick left foot forward, step onto left foot (in place), point right toes to right side
- 5-6 Cross right foot over left foot, unwind $\frac{3}{4}$ turn left (weight remains on left foot)
- 7-8 Rotate hips (to the right)

REPEAT

Option for section 3

FORWARD ROCK, BACK STEP LOCK STEP, BACK ROCK & FORWARD LOCK STEP

- 1-2 Rock forward on right foot, rock weight back onto left foot
- 3&4 Step back on right foot, lock left foot across right foot, step back on right foot
- 5-6 Rock back on left foot, rock weight forward onto right foot
- 7-8 Step forward with left foot, lock right foot behind left foot, step forward onto left foot