# Go With The Flow



Count: 32 Wall: 2 Level: Improver

Choreographer: John Sharman (UK)

Music: 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 right7-8 Step forward left, touch right behind left heel

#### SHUFFLE TURN, SCUFF

9-10 Step back right making ¼ turn right, step left beside right

11-12 Make ¼ turn right stepping forward on right, scuff left foot forward

#### TRIPLE 1/2 TURN, KICK

13-14 Step slightly forward on left making ½ 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 ½ 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**