

# Go With The Flow

Count: 32

Wall: 4

Level: Improver

Choreographer: Mairi F McFarlane (SCO)

Music: 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**

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&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