

Go With the Flow

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Life Is a River - Derek Ryan



No tags or restarts

Approx. 24 counts intro - start on the words as I went out walking - Step forward on walking

Section 1 - Step forward right turn 1/4 right sweep, weave right, step slide right, step left touch step forward

- 1-3 Turn ¼ R stepping R fwd starting to sweep L from back to front (1), finish sweep (2-3)
- 4-6 Cross left over Right (4), step Right to Right side (5), cross Left behind Ill (6)
- 7-9 Step Right to Right side (7), slide Left towards I (8), touch Left next to Right (9)
- 10-12 Step left to left side(10), touch right next to left 11), step forward on right to face diagonal (12)

Section 2 - Diamond turning 7/8 L

- 1-3 Step Left forward(1), turn 1/8 Left stepping Right to Right side (2), turn 1/8 Left stepping back on Left (3)
- 4-6 Step back on Right (4), turn 1/8 Left stepping Left to Left side (5), turn 1/8 Left stepping Right forward (6)
- 7-9 Step Left forward (7), turn 1/8 Left stepping Right to Right side (8), turn 1/8 Left stepping back on Left (9)
- 10-12 Step back on Right (10), turn 1/8 Left stepping Left to Left side (11), step Right forward (12)

Section 3 - Step forward left with kick, back sweep right and left, right coaster

- 1-3 Step forward left(1), Slowly low kick right forward with pointed to(2,3)
- 4-6 step back right (4) sweep left back (5,6)
- 7-9 step back left(7), sweep right back (8,9)
- 10-12 step back right (10), step left next to right (11), step forward right (12)

Section 4 - Full turn over right shoulder, right twinkle, left twinkle, right cross and hitch up

- 1-3 step forward left(1), Turn (pivot) full turn over right shoulder (2,3) lading on right foot
- 4-6 Cross step right over left (4), step left of right (5), step right next to left (6)
- 7-9 Cross step left over right (7), step right of left (8), step left next to right (9)
- 10-12 Right cross over left (10), step left to left side (11), hitch right up next to left (12)

When music goes quiet please continue to dance

This is my first time writing a waltz and any feedback would be greatly appreciated

Happy dancing - Andrina x
