

# Let It Flow

拍数: 64      墙数: 4      级数: Intermediate/Advanced  
编舞者: Gail Turnbull (UK)  
音乐: Nu Flow - Big Brovaz



## STOMP BALL STEP, POINT CROSS, BACK STEP LOCK STEP, ½ TURN, POINT

- 1&2      Stomp right foot (no weight), step down on right, step left forward
- 3-4      Point right foot out to right diagonal, cross right in front of left taking weight
- 5&6      Step back on left, lock right in front of left, step back on left
- 7-8      Make ½ turn right step forward on right, point left out to left side

## BODY ROLL MAKING ¼ TURN LEFT, CROSS UNWIND, CROSS ROCK, ¼ TURN SHUFFLE

- 1-3      Body roll over 3 counts making ¼ turn left (weight must end on left foot)
- 4-5      Cross right behind left, unwind ½ turn right (weight should now be on right)
- 6&      Cross rock left over right, recover weight on right
- 7&8      Make quarter turn left stepping forward on left, step right next to left, step forward on left

## STEP ½ TURN, POINT, KICK, TOUCH, KNEE BENDS, RIGHT TOE TOUCH

- 1-2      Step forward on right, pivot ½ turn left
- 3-4      Point right toe forward, kick right to right side
- 5-6      Touch right toe behind left heel, bend knees out
- 7-8      Straighten knees, touch right toe to right diagonal (start of toe strut)

## DROP HEEL, KICK BALL CHANGE, TOE STRUT, KICK BALL CHANGE, CROSS RIGHT OVER LEFT

- 1      Drop right heel (completing toe strut)
- 2&3      Kick left foot to right diagonal, step down on ball of left, step right next to left
- 4-5      Touch left toe to left diagonal, drop left heel
- 6&7      Kick right foot to left diagonal, step down on ball of right, step left next to right
- 8      Cross right over left (start of cross rock)

## RECOVER, ¾ TRIPLE TURN, CROSS ROCK, ¼ TURN, STEP ½ TURN

- 1      Recover weight on left (completing cross rock)
- 2&3      Make triple turn left - stepping right, left, right
- 4-5      Cross rock left over right, recover weight on right
- 6-7      Step left to left making ½ turn left, step right to right
- 8      On ball of right, make ½ turn right stepping left to left side

## BEHIND TURN STEP, ROCK STEP, COASTER STEP, SIDE STEP

- 1-3      Cross right behind left, make ¼ turn left stepping forward on left, step forward on right
- 4-5      Rock forward on left, recover weight on right
- 6&7      Step back on left, step right next to left, step forward on left
- 8      Step right to right side (start of scissor step)

## STEP TOGETHER, CROSS UNWIND WITH HEEL BOUNCES, SAILOR STEP, CROSS UNWIND

- 1-2      Step left beside right, cross right over left (completing scissor step)
- 3-4      Unwind ½ turn left with two heel bounces
- 5&6      Cross left behind right, step right next to left, step left to left side
- 7-8      Cross right behind left, unwind ½ turn right (weight must be on left)

## TOUCH, SCOOT BACK, ½ TURN, HOLD, TOE TOUCHES

- 1&2      Touch right next to left, scoot back on left, step back on right

3-4 Make ½ turn left stepping forward on left, hold for one count  
5-6 Touch right toe forward, touch right toe to right side  
&7 Step right beside left, touch left toe to left side  
&8 Step left beside right, touch right to right side

**REPEAT**

**RESTART**

On wall 5, dance to count 39 on count 40 make ¼ turn right stepping forward on left foot then start dance again.

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