

Let It Flow

拍数: 32 墙数: 4 级数: Easy Intermediate
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音乐: Rollin' With the Flow - Mark Chesnutt



Intro: 16 Counts.

Back Rock. Chasse Right. Cross Rock Behind & Side Step. Cross Behind. Unwind Full Turn Right.

1 – 2 Rock back on Right. Rock forward on Left.
3&4 Step Right to Right side. Close Left beside Right. Long step Right to Right side.
5&6 Cross/Rock back Left behind Right. Rock forward on Right. Long step Left to Left side.
7 – 8 Cross Right behind Left. Unwind Full turn Right. (Weight on Right) (Facing 12 o'clock)

Side Sway. Left Cross Shuffle. Chasse 1/4 Turn Right. Forward Rock.

1 – 2 Step Left out to Left side Swaying Hips Left. Recover weight on Right Swaying Hips Right.
3&4 Cross step Left over Right. Step Right slightly to Right side. Cross step Left over Right.
5&6 Step Right to Right side. Close Left beside Right. Turn 1/4 turn Right stepping forward on Right.
7 – 8 Rock forward on Left. Rock back on Right. (Facing 3 o'clock)

Full Turn Left (Travelling Back). Sweep Behind. Side. Cross. Side Sway. Right Sailor Step.

1 – 2 Turn 1/2 turn Left stepping forward on Left. Turn 1/2 turn Left stepping back on Right.
3&4 Sweep Left out and around behind Right. Step Right to Right side. Cross step Left over Right.
5 – 6 Step Right out to Right side Swaying Hips Right. Recover weight on Left Swaying Hips Left.
7&8 Cross Right behind Left. Step Left to Left side. Step Right in place. (Facing 3 o'clock)

Left Sailor Step 1/4 Turn Left. Right Lock Step Forward. Lunge Forward. & 1/4 Turn Left. Left Lock Step Back.

1&2 Cross Left behind Right turning 1/4 turn Left. Step Right beside Left. Step slightly forward on Left.
3&4 Step forward on Right. Lock step Left behind Right. Step forward on Right. (Facing 12 o'clock)
5 – 6 Lunge forward on Left. Rock back on Right.
& Sweep Left out and around turning 1/4 turn Left on ball of Right.
7&8 Step back on Left. Lock step Right across Left. Step back on Left.

Start Again.

Note: To keep to the phrasing of the music...an 8 Count Tag is needed at the End of Wall 4 (Facing 12 o'clock)

Tag: Back Rock. Right Shuffle Forward. Step. Pivot 1/2 Turn Right. Left Shuffle 1/2 Turn Right.

1 – 2 Rock back on Right. Rock forward on Left.
3&4 Right shuffle forward stepping Right. Left. Right.
5 – 6 Step forward on Left. Pivot 1/2 turn Right.
7&8 Left shuffle turning 1/2 turn Right stepping Left. Right. Left. (Facing 12 o'clock)

Optional Ending:

Dance ends on Count 20 of Wall 7 (Behind-Side-Cross)...To end with the music, make a 1/4 Turn Right stepping forward on Right to Face Front Wall...Hold & Pose!!!!