

# Go With The Flow!

拍数: 64      墙数: 4      级数: Improver  
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - December 2008  
音乐: Let Your Love Flow (7th Heaven Radio Edit) - Alan Connor



Start after 16 count intro

Download available at [www.play.com](http://www.play.com)

## (1-8) R Jazz Ball Cross, R & L Side Switches, R Fwd, L Fwd, ½ R Pivot Turn

1-2            Cross step R over L, step L back  
&3-4          Step R next to L, cross step L over R, point R toes to right side  
&5&6        Step R together, point L toes to left side, step L together, step R forward  
7-8            Step L forward, pivot ½ right (6 o'clock)

## (9-16) L Fwd Step Touch, R Shuffle Back, L Back Step Touch, R Fwd Shuffle

1-2            Step L forward, touch R together  
3&4          Step R back, step L together, step R back  
5-6            Step L back, touch R together  
7&8          Step R forward, step L together, step R forward (6 o'clock)

## (17-24) L Fwd, ¼ R Pivot Turn, L Cross Shuffle, R Side Rock & Recover, R Coaster Step

1-2            Step L forward, pivot ¼ right (9 o'clock)  
3&4          Cross step L over R, step R side, cross step L over R  
5-6            Rock R side, recover weight on L  
7&8          Step R back, step L together, step R forward (9 o'clock)

## (25-32) 4 Travelling Fwd Heel Switches, L Fwd, R Fwd, ½ L Pivot Turn, R Fwd

1&2&        Touch L heel forward, step L in place, touch R heel forward, step R in place  
3&4&        Touch L heel forward, step L in place, touch R heel forward, step R in place

**Note: Travel forward as you do the heel switches; they are NOT done on the spot**

5-8            Step L forward, step R forward, pivot ½ left, step R forward (3 o'clock)

## (33-40) Diagonal Lock Steps, R Fwd, ½ L Pivot Turn, Diagonal R Fwd Shuffle

1-2            Travelling toward L diagonal (1 o'clock): step L forward, lock R behind L  
3&4          Step L forward, lock R behind L, step L forward  
5-6            Step R forward, pivot ½ left to opposite diagonal (7 o'clock)  
7&8          Step R forward, step L together, step R forward (7 o'clock)

## (41-48) Diagonal Lock Steps, R Fwd, ½ L Pivot Turn, Diagonal R Fwd Shuffle

1-2            Travelling toward diagonal (7 o'clock) step L forward, lock R behind L  
3&4          Step L forward, lock R behind L, step L forward  
5-6            Step R forward, pivot ½ left to opposite diagonal (1 o'clock)  
7&8          Step R forward, step L together, step R forward (1 o'clock)

## (49-56) L Fwd, R Touch Behind, R Back, L Heel Fwd, L Tog, R Fwd Squaring To Wall, L Fwd, R Side Point, R Sailor Step

1-2            Step L forward, touch R together  
&3            Step R back, touch L heel forward  
&4            Step L together, step R slightly forward squaring off to side wall (3 o'clock)  
5-6            Step L forward, point R toes to right side  
7&8          Step R back, step L together, step R forward (3 o'clock)

**(57-64) L Fwd, ½ R Pivot Turn, L Fwd Shuffle, R Fwd Step Touch, L Back & R Kick Ball Change**

1-2 Step L forward, pivot ½ right

3&4 Step L forward, step R together, step L forward

5-6& Step R forward, touch L together, step L back

7&8 Kick R forward, step R together, step L together (9 o'clock)

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