

Let It Flow

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Gail Turnbull (UK)
音樂: 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.
