

# Nu Flow

拍數: 40      牆數: 2      級數: Intermediate hustle  
編舞者: Masters In Line (UK)  
音樂: Nu Flow - Big Brovaz



Dance starts on last count of the dance as shown below

## **KICK BALL STEP, TOUCH CROSS, SWITCH AND SWITCH, ½ TURN TOUCH, POINT &**

8&1      Kick right foot forward, step right foot next to left, step left foot forward  
2-3      Touch right toe to right side, cross right foot in front of left  
4&5      Touch left toe to left side, step left foot next to right, touch right toe to right side  
6-7      Pivot a ½ turn right bringing right foot next to left, touch left toe to left side  
8      Touch left toe across in front of right

## **AND STEP, CROSS ½ TURN, STEP TOUCH, ½ TURN TOUCH, STEP**

&1      Step left foot to left side, step right foot to right side  
2-3      Cross left foot over right, step right foot back making ¼ turn left  
4-5      Step left foot to left side making ¼ turn left, touch right toe to right side  
6-7      Step right foot forward making ¼ turn right, making a ¼ turn right touch left toe to left side  
8      Step left foot forward making ¼ turn left

## **FULL TURN, STEP ½ TURN, AND HEEL HOLD AND TOGETHER HOLD**

1-2      Making ½ turn left step back on right foot, making a ½ turn left step forward on left foot  
3-4      Step forward on right foot, pivot ½ turn left (weight ends on left foot)  
&5-6      Step back on right foot, touch left heel to left diagonal, hold  
&7-8      Step left foot to left side, step right foot together, hold

## **AND SIDE, CROSS, SIDE, BEHIND, TOUCH, HITCH, SIDE, TWIST**

&1-2      Step left foot to left side, step right foot to right side, cross left foot over right  
3-4      Step right foot to right side, cross left foot behind right  
5-6      Touch right toe to right side, hitch right knee beside left leg  
7-8      Step right foot to right side, twist both heels to the left so your body turns ¼ turn right

## **HITCH, STEP BACK, ¼ TURN BUMP, BUMP, 1 & ¼ TURN LEFT**

1-2      Hitch left knee beside right leg, touch left toe back  
3-4      Make a ¼ turn left bumping hips to left, bump hips to right  
5-6      Making a ¼ turn left step left foot forward, pivoting a ½ turn left step back on right foot  
7      Making a ½ turn left step forward on left foot

Count 40 begins the dance again with the right kick forward

**REPEAT**