

# Let It Flow

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Robbie McGowan Hickie (UK) - October 2007  
音樂: 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!!!!**