

Go With The Flow

32 count, 2 wall, beginner/intermediate level
Choreographer: John Sharman (Eng) Feb 04
Choreographed to: Muddy Water by Speed Limit from
Nowhere Train, bpm 136; If I was Jesus by Toby
Keith from Shock'N Y'all.

STEP, TOUCH, BACK, LOCK.

- 1 - 2 Step forward on left, touch right toe behind left heel,
3 - 4 Step back on right, lock left over right,

BACK, TOUCH, FORWARD, TOUCH.

- 5 - 6 Step back on right, touch left toe over right,
7 - 8 Step forward left, touch right behind left heel,

SHUFFLE TURN, SCUFF.

- 9 - 10 Step back right making $\frac{1}{4}$ turn right, step left beside right,
11 - 12 Make $\frac{1}{4}$ turn right stepping forward on right, scuff left foot forward,

TRIPLE 1/2 TURN, KICK.

- 13 - 14 Step slightly forward on left making $\frac{1}{4}$ turn right, step right beside left,
15 - 16 Step back left, kick right foot forward,

SLOW COASTER, HOLD.

- 17 - 18 Step back right, step on left beside right,
19 - 20 Step forward right, hold for one beat,

ROCK, RECOVER, CROSS, HOLD.

- 21 - 22 Rock left to left side, recover on to right,
23 - 24 Cross left over right, hold for one beat,

ROCK, RECOVER, TURN, STEP.

- 25 - 26 Rock forward on right, recover on to left,
27 - 28 Make a $\frac{1}{2}$ turn back stepping forward on right, step forward left,

ROCK, RECOVER, BACK, HEEL.

- 29 - 30 Rock forward right, recover on left,
31 - 32 Step back right, touch left heel forward.

Start Again and enjoy.
