

Go With The Flow

32 count, 4 wall, beginner/intermediate level
Choreographer: Mairi F McFarlane (Scotland)
Dec 2004

Choreographed to: Mockingbird by Toby Keith &
Krystal (115 bpm)

*Count in - 36 - immediately after they sing 'now'

Section 1: Syncopated Weave, Cross Point, Cross & Unwind

- 1 , 2 Step right foot to right side, step left foot behind right foot
- & 3,4 Step right foot to right side, cross left foot over right foot, point right toes to right side
- 5 , 6 Cross right foot over left foot, point left toes to left side
- 7 , 8 Cross left foot over right, unwind ½ turn right (weight now on left foot)

Section 2: Syncopated Weave, Cross Point, Cross & Unwind

- 1 , 2 Step right foot to right side, step left foot behind right foot
- & 3,4 Step right foot to right side, cross left foot over right foot, point right toes to right side
- 5 , 6 Cross right foot over left foot, point left toes to left side
- 7 , 8 Cross left foot over right, unwind ½ turn right (weight now on left foot)

Section 3: Forward Rock, ½ Turn Shuffle Right, Forward Rock & ½ Turn Shuffle Left

- 1 , 2 Rock forward on right foot, rock weight back onto left foot
- 3 & 4 Shuffle turn ½ right (right foot, left foot, right foot)
- 5 , 6 Rock forward on left foot, rock weight back onto right foot
- 7 , 8 Shuffle turn ½ left (left foot, right foot, left foot)

Section 4: Kick Ball Point x 2, Cross, Unwind & Hip Rotate

- 1 & 2 Kick right foot forward, step onto right foot (in place), point left toes to left side
- 3 & 4 Kick left foot forward, step onto left foot (in place), point right toes to right side
- 5 , 6 Cross right foot over left foot, unwind ¾ turn left (weight remains on left foot)
- 7 , 8 Rotate hips (clockwise)

Choreographers Note: Option for Section 3 (if you don't like turns)

Forward Rock, Back Step Lock Step, Back Rock & Forward Lock Step

- 1 , 2 Rock forward on right foot, rock weight back onto left foot
- 3 & 4 Step back on right foot, lock left foot across right foot, step back on right foot
- 5 , 6 Rock back on left foot, rock weight forward onto right foot
- 7 , 8 Step forward with left foot, lock right foot behind left foot, step forward onto left foot

Alternative Music: I Got This Feeling - Joni Harms
Sweet Meant to Be - Carlene Carter
There Goes my Heart - Mavericks
Kiss me in the Car - John Berry
Party for Two - Shania Twain & Billy Currington
