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#### Let It Flow

32 count, 4 wall, improver level Choreographer: Robbie McGowan Hickie (UK)

Nov 2007

Choreographed to: Rollin' With The Flow by Mark

Chesnutt

### BACK ROCK, CHASSE RIGHT, CROSS ROCK BEHIND & SIDE STEP, CROSS BEHIND, UNWIND FULL TURN RIGHT

- 1-2 Rock right back, rock forward on left
- 3&4 Step right to right side, step 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 12:00)

#### SIDE SWAY, LEFT CROSS SHUFFLE, CHASSE ¼ TURN RIGHT, FORWARD ROCK

- 1-2 Step left out to left side swaying hips left, recover on right swaying hips right
- 3&4 Cross left over right, step right slightly to right side, cross left over right
- 5&6 Step right to right side, step left beside right, turn ¼ turn right stepping forward on right
- 7-8 Rock forward on left, rock right back, (facing 3:00)

# FULL TURN LEFT (TRAVELING BACK), SWEEP BEHIND, SIDE, CROSS, SIDE SWAY, RIGHT SAILOR STEP

- 1-2 Turn ½ turn left stepping forward on left, turn ½ turn left stepping right back
- 3&4 Sweep left out and around behind right, step right to right side, cross left over right
- 5-6 Step right out to right side swaying hips right, recover on left swaying hips left
- 7&8 Cross right behind left, step left to left side, step right in place (facing 3:00)

# LEFT SAILOR STEP % TURN LEFT, RIGHT LOCK STEP FORWARD, LUNGE FORWARD, & % TURN LEFT, LEFT LOCK STEP BACK

- 1&2 Cross left behind right turning ¼ 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 12:00)
- 5-6 Lunge forward on left, rock right back
- & Sweep left out and around turning ¼ turn left on ball of right
- 7&8 Step left back, lock cross right over left, step left back

#### TAG: End of wall 4 (facing 12:00)

# BACK ROCK, RIGHT SHUFFLE FORWARD, STEP, PIVOT ½ TURN RIGHT, LEFT SHUFFLE ½ TURN RIGHT

- 1-2 Rock right back, rock forward on left
- 3&4 Right shuffle forward stepping right, left, right
- 5-6 Step forward on left, pivot ½ turn right
- 7&8 Left shuffle turning ½ turn right stepping left, right, left (facing 12:00)

#### **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

Music download available from iTunes

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