

Go With The Flow!



Choreographed by Peter & Alison (TheDanceFactoryUK)
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4 wall – Improver/Intermediate dance

Music: Let Your Love Flow (7th Heaven Radio Edit) – Alan Connor (start after 16 count intro) – 125 bpm

Download available at www.amazon.co.uk or www.amazon.com or www.xpressbeats.com

Officially sanctioned dance by the recording artist Alan Connor

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- 1-8 R jazz ball cross, R & L side switches, R fwd, L fwd, ½ R pivot turn**
- 1-2 Cross step R over L, step L back
- &3-4 Step R next to L, cross step L over R, point R toes to right side
- &5&6 Step R together, point L toes to left side, step L together, step R forward
- 7-8 Step L forward, pivot ½ right (6 o'clock)
- 9-16 L fwd step touch, R shuffle back, L back step touch, R fwd shuffle**
- 1-2 Step L forward, touch R together
- 3&4 Step R back, step L together, step R back
- 5-6 Step L back, touch R together
- 7&8 Step R forward, step L together, step R forward (6 o'clock)
- 17-24 L fwd, ¼ R pivot turn, L cross shuffle, R side rock & recover, R coaster step**
- 1-2 Step L forward, pivot ¼ right (9 o'clock)
- 3&4 Cross step L over R, step R side, cross step L over R
- 5-6 Rock R side, recover weight on L
- 7&8 Step R back, step L together, step R forward (9 o'clock)
- 25-32 4 travelling fwd heel switches, L fwd, R fwd, ½ L pivot turn, R fwd**
- 1&2& Touch L heel forward, step L in place, touch R heel forward, step R in place
- 3&4& Touch L heel forward, step L in place, touch R heel forward, step R in place
- Note: Travel forward as you do the heel switches; they are NOT done on the spot*
- 5-8 Step L forward, step R forward, pivot ½ left, step R forward (3 o'clock)
- 33-40 Diagonal lock steps, R fwd, ½ L pivot turn, diagonal R fwd shuffle**
- 1-2 Travelling toward L diagonal (1 o'clock): step L forward, lock R behind L
- 3&4 Step L forward, lock R behind L, step L forward
- 5-6 Step R forward, pivot ½ left to opposite diagonal (7 o'clock)
- 7&8 Step R forward, step L together, step R forward (7 o'clock)
- 41-48 Diagonal lock steps, R fwd, ½ L pivot turn, diagonal R fwd shuffle**
- 1-2 Travelling toward diagonal (7 o'clock) step L forward, lock R behind L
- 3&4 Step L forward, lock R behind L, step L forward
- 5-6 Step R forward, pivot ½ left to opposite diagonal (1 o'clock)
- 7&8 Step R forward, step L together, step R forward (1 o'clock)
- 49-56 L fwd, R touch behind, R back, L heel fwd, L tog, R fwd squaring to wall, L fwd, R side point, R coaster step**
- 1-2 Step L forward, touch R together
- &3 Step R back, touch L heel forward
- &4 Step L together, step R slightly forward squaring off to side wall (3 o'clock)
- 5-6 Step L forward, point R toes to right side
- 7&8 Step R back, step L together, step R forward (3 o'clock)
- 57-64 L fwd, ½ R pivot turn, L fwd shuffle, R fwd step touch, L back & R kick ball change**
- 1-2 Step L forward, pivot ½ right
- 3&4 Step L forward, step R together, step L forward
- 5-6& Step R forward, touch L together, step L back
- 7&8 Kick R forward, step R together, step L together (9 o'clock)

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