

# Let It Flow

LINEDANCE.COM

**Count:** 32      **Wall:** 4      **Level:** Easy Intermediate

**Choreographer:** Robbie McGowan Hickie (UK)

**Music:** "Rollin' With The Flow" by Mark Chesnutt (90 bpm)

## **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!!!!**