

Go With The Flow



Choreographed Hazel Pace OI538 360886 - hazelssilverspurs@tesco.net

by
Description

32 Count Partner Dance Start Both facing LOD, Gent behind lady, Indian position
Same footwork throughout unless stated. Don't let go of hands till count 18.

Music Rollin' With the Flow - Mark Chesnutt. (90 BPM). Intro: 16 Counts.

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- 1-8 Rocking Chair, (Gent Left Shuffle). (Lady Triple 1/2 Turn Right). Rock Recover**
1-4 (Both). Rock forward on left, recover on right, rock back on left, recover on right.
Gent **Lady**
- 5&6 Left shuffle forward on left, right, left Make 1/2 triple turn right on left, right, left.
(Lady goes under left arms on counts 5 & 6. Now facing each other).
- 7-8 Rock forward on right, recover on left Rock back on right, recover on left.
- 9-16 (Gent Triple 1/4 Turn Right) (Lady 3/4 Triple Turn Left). Both Rock Recover.**
Both 1/2 Triple Turn, Rock Recover.
Gent **Lady**
- 1&2 Triple 1/4 Rt on R-L-R (Facing OLOD). Triple 3/4 turn Lt on R-L-R (Facing ILOD).
(Lady goes under left arm then right arm).
- 3-4 Rock back on left, recover on right. Rock back on left, recover on right.
- 5&6 Triple 1/2 turn left on left, right, left Triple 1/2 turn right on left, right, left.
(Lady turn in front of gent nearest to LOD, changing places,
lady goes under right arms then left arms)
- 7-8 Rock back on right, recover on left. Rock back on right, recover on left
- 17-24 Changing Places 1/2 Turn, 1/4 Turn Right Shuffle, Weave, (Lady Full Turn).**
(Release right hands on count 2, holding inside hands on count 3).
Gent **Lady**
- 1-2 Step fwd on right making 1/4 turn left, Same footwork turning right (Facing ILOD).
step back on Lt 1/4 turn Lt (Facing OLOD) Lady passing on same side as LOD).
- 3&4 Rt shuffle making 1/4 Lt turn down LOD Rt shuffle making 1/4 turn Rt down LOD.
- 5-6 Make 1/4 turn Rt stepping Lt to Lt side, Make 1/4 turn Lt to face gent stepping on Lt,
right behind left. make 1/4 turn left stepping back on right.
- 7-8 Make 1/4 turn Lt stepping Fwd on Lt, Make 1/2 turn Lt stepping fwd on left,
step forward on right. step Fwd on right, facing LOD.
- Double hand hold on count 5 going into wrap moving down LOD on counts 6-7-8)**

Every effort has been made to make sure these dance sheets are accurate. Please let us know if there are any errors or omissions email: jbwesterndance@aol.com.

- 25-32 Rocking Chair, Left Shuffle, Right Shuffle, (Lady Making Full Turn Right).**
1-4 (Both). Rock forward on left, recover on right, rock back on left, recover on right.
Gent Lady
5&6 Left shuffle Fwd on left, right, left. Make 1/2 turn right on left, right, left.
7&8 Right shuffle Fwd on right, left, right. Make 1/2 turn right on right, left, right.
(Lift both arms as lady turns changing hands above Lady's head back into starting position).