



ROLLIN' WITH THE FLOW

Choreographer : John "Growler" Rowell (UK) 25-Aug-07 (Rev 0)
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32 Count, 4 wall, Imp./ Int. Linedance

Music: "Rollin' With The Flow" by Mark Chesnutt, 90 BPM
CD: CDX, Vol. 427

Download available at www.loftoncreekrecords.com

Intro: 16 counts / 12 seconds, Start on the word "HEAD"

Rotation: CW

Numbers in square brackets [] indicate facing wall and turn rotation. Start facing [12]

Fully Qualified D & G Western Dance Instructor
BWDA Level 3, NTA Member, CMA Member
Guild of Professional Teachers of Dance

1-9 SIDE-CROSS ROCK-RECOVER, 1/4 SHUFFLE, STEP, 1/2 PIVOT, RIGHT-LOCK-STEP

- 1-2-3 (1)Step right to right, (2)cross rock left over right, (3)recover on right [12]
- 4&5 (4)Step left quarter turn left [CCW], (&)step right next to left, (5)step left forward [9]
- 6-7 (6)Step right forward, (7)pivot half turn left [CCW. 3]
- 8&1 (8)Step right forward, (&)lock left behind right, (1)step right forward [3]

10-16 1/4 TURN, BACK ROCK-&-SIDE, BEHIND-SIDE-CROSS, SWAY-SWAY

- 2-3 (2)Step left forward turning quarter right [CW], (3)rock right behind left [6]
- &4 (&)Recover on left, (4)step right to right [6]
- 5&6 (5)Step left behind right, (&)step right to right, (6)cross left in front of right [6]
- 7-8 (7)Step right to right swaying hips right, (8)sway hips to left [6]

17-24 SWEEP, BEHIND-SIDE-FRONT, SIDE ROCK-&-CROSS, FULL ROLL FORWARD

- 1 (1)Turn quarter left [CCW]on ball of right sweeping left out and behind right [3]
- 2&3 (2)Cross left behind right, (&)step right to right, (3)cross left over right [3]
- 4&5 (4)Rock right to right, (&)recover on left, (5)cross right over left [3]
- 6 (6)Step left forward quarter turn left [CCW, 12]
- 7 (7)On ball of left pivot quarter turn left stepping back on right [CCW, 9]
- 8 (8)On ball of right pivot half turn left stepping forward on left [3]

25-32 STEP-SYNCOPATED JAZZ BOX, SIDE-CROSS ROCK-RECOVER, 3 STEP FULL TURN

- 1-2 (1)Step forward right, (2)cross left over front of right [3]
- 3& (3)Step back on right, (&)step left to left [3]
- 4-5 (4)Cross right over front of left, (5)step left to left [3]
- 6-7 (6)Cross rock right over left, (7)recover on left [3]
- 8 (8)Step right quarter turn right [CW, 6]
- & (&)On ball of right pivot quarter right stepping left to left [CW, 9]

- 1 (1)On ball of left pivot half turn right stepping right to right [CW, 3]
Count (1) is the first step of the dance

Start again from count 2.....with a BIG smile

Easy alternative for the last "8&1"

RIGHT SIDE SHUFFLE

- 8&1 (8)Step right to right, (&)step left next to right, (1)step right to right [3]

♥ #XXX'S GROW!

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