

ROLLIN WITH THE FLOW

4 Wall - 32 Counts – Intermediate

Choreographed by: John 'Growler' Rowell (UK) August 2007

Choreographed to: 'Rollin' With The Flow' by Mark Chestnutt (90 bpm) from 'Rollin' With The Flow' album
(16 count intro - start on the word 'head')

Side, Cross Rock, 1/4 Turn Shuffle, Step, Pivot 1/2, Lock Step

- 1 - 3 Step right to right side. Cross rock left over right. Recover onto right. 4 & 5
 Step left 1/4 turn left. Step right beside left. Step left forward. (9:00)
6 - 7 Step right forward. Pivot 1/2 turn left. (3:00)
8 & 1 Step right forward. Lock left behind right. Step right forward.

1/4 Turn, Back Rock, Side, Behind Side Cross, Side With Sway, Sway

- 2 - 3 & Step left forward turning 1/4 right. Rock right behind left. Recover onto left.
4 Step right to right side. (6:00)
5 & 6 Cross left behind right. Step right to right side. Cross left over right.
7 - 8 Step right to right side swaying hips right. Sway hips left.

1/4 Sweep, Behind Side Cross, Side Rock Step, Full Roll Forward

- 1 Step on ball of right & turn 1/4 left sweeping left out and behind right. (3:00)
2 & 3 Cross left behind right. Step right to right side. Cross left over right.
4 & 5 Rock right to right side. Recover onto left. Step right forward.
6 Step left forward left, toes pointed out (extended 5th). (3:00)
7 On ball of left pivot 1/2 turn left stepping right back. (9:00)
8 On ball of right pivot 1/2 turn left stepping left forward. (3:00)

Step, Syncopated Jazz Box, Side, Cross Rock, Full Turn

- 1 - 2 Step right forward. Cross left over right. (3:00)
3 & Step right back. Step left to left side.
4 - 5 Cross right over left. Step left to left side.
6 - 7 Cross rock right over left. Recover onto left.
8 Step right 1/4 turn right. (6:00)
& On ball of right pivot 1/4 turn right stepping left to left side. (9:00)
1 On ball of left pivot 1/2 turn right stepping right to right side. (3:00)

Note Last count is the first step of the dance, so start again from count 2.

Option

Replace 8 & 1 with chasse: step right to side, close left beside right, step right to side.