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

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)*