

# ROLLIN' WITH THE FLOW

**Choreographed by :** John "Growler" Rowell

**Description:** 32 count, 4 wall, intermediate cha cha line dance

**Music:** 'Rollin' With The Flow' by Mark Chesnutt [96 bpm]

## I-Side Cross Rock Recover, 1/4 Triple, Step Turn, Right Lock Step

1-2-3 Step right to side, cross rock left over right, recover on right (12:00)

4&5 Step left turn 1/4 left, step right together, step left forward (9:00)

6-7 Step right forward, pivot turn 1/2 left (3:00)

8&1 Step right forward, lock left behind right, step right forward (3:00)

## II-Turn 1/4, Back Rock & Side, Behind, Side, Cross, Sway, Sway

2-3 Step left forward turning 1/4 right, rock right behind left (6:00)

&4 Recover on left, step right to side (6:00)

5&6 Cross left behind right, step right to side, cross left in front of right (6:00)

7-8 Step right to side swaying hips right, sway hips to left (6:00)

## III-Sweep, Behind, Side, Fron, Side Rock & Cross, Full Tutn Forward

1 Turn 1/4 left on ball of right sweeping left out and behind right (3:00)

2&3 Cross left behind right, step right to side, cross left over right (3:00)

4&5 Rock right to side, recover on left, cross right over left (3:00)

*Moving forward on the full roll forward*

6 Step left forward turn 1/4 left (12:00)

7 On ball of left pivot turn 1/4 left stepping right back (9:00)

8 On ball of right pivot turn 1/2 left stepping left forward (3:00)

## IV-Step, Syncopated Jazz Box, Side, Cross, Rock, Recover, 3 Step Full Turn

1-2 Step forward right, cross left over front of right (3:00)

3& Step right back, step left to side

4-5 Cross right over front of left, step left to side (3:00)

6-7 Cross rock right over left, recover on left (3:00)

8 Step right turn 1/4 right (6:00)

& On ball of right pivot 1/4 right stepping left to side (9:00)

1 On ball of left pivot turn 1/2 right stepping right to side (3:00)

*Count 1 is the first step of the dance*

## Easy alternative for the last "8&1"

8&1 Step right to side, step left together, step right to side (3:00)