

# ROLLIN' WITH THE FLOW

Choreographed by: John [Growler] Rowell (UK) Aug 07

Music: **Rollin' With The Flow** by **Mark Chesnutt (90 bpm)** CD: **CDX, Vol. 427**

Descriptions: 32 count - 4 wall line dance - Beginner/Intermediate level

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[Intro: 16 counts / 12 seconds, Start on the word "HEAD"](#)

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**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]

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