



Approved by:

*Alison Biggs*  
*Phil Mitchell*

# Go With The Flow!

## 4 WALL - 64 COUNTS - IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 - 2 & 3 - 4 & 5 & 6 7 - 8	<b>Jazz Box Cross, Side Switches, Step, Step, Pivot 1/2</b> Cross right ov r l ft. St p l ft back. St p right b sid l ft. Cross l ft ov r right. Point right to s to right sid . St p right b sid l ft. Point l ft to s to l ft sid . St p l ft b sid right. St p right forward. St p l ft forward. Pivot 1/2 turn right. (6:00)	Cross Back & Cross Point & Point & St p St p Pivot	Back Right On th spot Forward Turning right
<b>Section 2</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Step, Touch, Back Shuffle, Back, Touch, Forward Shuffle</b> St p l ft forward. Touch right b sid l ft. St p right back. Clos l ft b sid right. St p right back. St p l ft back. Touch right b sid l ft. St p right forward. Clos l ft b sid right. St p right forward. (6:00)	St p Touch Back Shuffl Back Touch Right Shuffl	Forward Back Forward
<b>Section 3</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Step, Pivot 1/4, Cross Shuffle, Side Rock, Coaster Step</b> St p l ft forward. Pivot 1/4 turn right. (9:00) Cross l ft ov r right. St p right to right sid . Cross l ft ov r right. Rock right to right sid . R cov r onto l ft. St p right back. St p l ft b sid right. St p right forward. (9:00)	St p Pivot Cross Shuffl Sid Rock Coast r St p	Turning right Right On th spot
<b>Section 4</b> 1 & 2 & 3 & 4 & <b>Note</b> 5 - 8	<b>Heel Switches (Travelling Forward), Step, Step, Pivot 1/2, Step</b> Touch l ft h l forward. St p l ft in plac . Touch right h l forward. St p right in plac . Touch l ft h l forward. St p l ft in plac . Touch right h l forward. St p right in plac . H l switch s ar don trav lling forward, not on th spot. St p l ft forward. St p right forward. Pivot 1/2 l ft. St p right forward. (3:00)	H l & H l & H l & H l & L ft Right Turn St p	Forward Turning l ft
<b>Section 5</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Diagonal Lock Steps, Step, Pivot 1/2, Diagonal Forward Shuffle</b> Trav lling to l ft diagonal (1:00), st p l ft forward. Lock right b hind l ft. St p l ft forward. Lock right b hind l ft. St p l ft forward. St p right forward. Pivot 1/2 l ft to opposit diagonal (7:00). St p right forward. Clos l ft b sid right. St p right forward. (7:00)	St p Lock St p Lock St p St p Pivot Right Shuffl	Forward Turning l ft Forward
<b>Section 6</b> 1 - 2 3 & 4 5 - 6 7 & 8	<b>Diagonal Lock Steps, Step, Pivot 1/2, Diagonal Forward Shuffle</b> Trav lling to l ft diagonal (7:00), st p l ft forward. Lock right b hind l ft. St p l ft forward. Lock right b hind l ft. St p l ft forward. St p right forward. Pivot 1/2 l ft to opposit diagonal (1:00). St p right forward. Clos l ft b sid right. St p right forward. (1:00)	St p Lock St p Lock St p St p Pivot Right Shuffl	Forward Turning l ft Forward
<b>Section 7</b> 1 - 2 & 3 & 4 5 - 6 7 & 8	<b>Step, Touch, &amp; Heel &amp; Step, Step, Point, Coaster Step</b> St p l ft forward. Touch right b sid l ft. St p right back. Touch l ft h l forward. St p l ft b sid right. St p right slightly forward (squaring up to wall). (3:00) St p l ft forward. Point right to s to right sid . St p right back. St p l ft b sid right. St p right forward. (3:00)	St p Touch & H l & St p St p Point Coast r St p	Forward Back Forward On th spot
<b>Section 8</b> 1 - 2 3 & 4 5 - 6 & 7 & 8	<b>Step, Pivot 1/2, Forward Shuffle, Step, Touch, &amp; Kick Ball Change</b> St p l ft forward. Pivot 1/2 turn right. (9:00) St p l ft forward. Clos right b sid l ft. St p l ft forward. St p right forward. Touch l ft b sid right. St p l ft back. Kick right forward. St p right b sid l ft. St p onto l ft in plac . (9:00)	St p Pivot L ft Shuffl St p Touch & Kick Ball Chang	Turning right Forward On th spot

Choreographed by: P t r M t Nick and Alison Biggs (UK) D c mb r 2008

Choreographed to: 'L t Your Lov Flow' (7th H av n Radio Edit) by Mik M lang  
 f at. Alan Connor (125 bpm) from CD Singl ; also availabl as download  
 from amazon.co.uk or xpr ssb ats.com or iTun s (16 count intro)



A video clip of this dance is available at  
[www.linedancermagazine.com](http://www.linedancermagazine.com)