Count: 32
Wall: 4
Level: Improver
Choreographer: John "Grrowler" Rowell (UK) - August 2007
Music: Rollin' With the Flow - Mark Chesnutt : (CD: CDX, Vol. 427)

## 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 $\quad 1 / 4$ 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)On ball of left pivot quarter turn left stepping back on right [CCW, 9]
(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]

