Go With The Flow!

Count: 64 **Wall:** 4 **Level:** Improver
Choreographer: Peter Metelnick (UK) & Alison Metelnick (UK) - December 2008
Music: Let Your Love Flow (7th Heaven Radio Edit) - Alan Connor

Start after 16 count intro

Download available at www.play.com

(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 Sailor 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)

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