

# Flow Rider

**COPPER** KNOB  
STEPPERS

拍数: 32      墙数: 2      级数: Absolute Beginner  
编舞者: Sierra Gil (USA) & Dustin Valcalda (USA) - February 2025  
音乐: OMG (feat. Sage the Gemini) - Flo Rida



**Intro: 8 Counts – Weight starts left foot**

**[1-8] Cross, Point, Cross, Point, Jazz Box w/ cross**

- 1-2      Cross RF over LF, Point LF to L side (12:00)
- 3-4      Cross LF over RF, Point RF to R side (12:00)
- 5-6      Cross RF over LF, Step LF diagonally back L (12:00)
- 7-8      Step RF to R side, Cross LF over RF (12:00)

**[9-16] Hip Sways, Rocking Chair**

- 1-2      Step RF to R side w/ hip sway to R, Sway hips to L (12:00)
- 3-4      Sway Hips to R, Sway hips to L (12:00)
- 5-6      Rock RF forward, Recover weight LF (12:00)
- 7-8      Rock RF back, Recover weight LF (12:00)

**Styling Note: Play with/style the hip sways however you want. Have fun with it!**

**[17-24] Toe Strut, Toe Strut, ¼ Pivot, ¼ Pivot**

- 1-2      Touch R toe forward, Step onto RF (12:00)
- 3-4      Touch L toe forward, Step onto LF (12:00)
- 5-6      Cross RF slightly in front of LF, pivot ¼ L weight ending LF (9:00)
- 7-8      Cross RF slightly in front of LF, pivot ¼ L weight ending LF (6:00)

**Styling Note: Add hip bumps to toe struts (strut bumps).**

**[25-32] Walk Forward, Kick, Walk Back, Touch**

- 1-2      Step RF forward, Step LF forward (6:00)
- 3-4      Step RF forward, Touch/Kick L heel forward (6:00)
- 5-6      Step LF back, Step RF back (6:00)
- 7-8      Step LF back, Point R toe diagonally back R (6:00)

**Styling Note: On Walls 1, 9, and 10, slowly raise your hands up for 4 counts while walking forward when lyrics say “higher”, then lower your hands for 4 counts when walking backwards.**

Song download: [https://drive.google.com/file/d/1YTCc7eKC0AliuenuiVFNRq\\_UsREzVTFW/view?usp=sharing](https://drive.google.com/file/d/1YTCc7eKC0AliuenuiVFNRq_UsREzVTFW/view?usp=sharing)

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