

# Go With The Flow

拍數: 32      牆數: 4      級數: Improver  
編舞者: Mairi F McFarlane (SCO)  
音樂: Mockingbird (feat. Krystal Keith) - Toby Keith



## SYNCOPATED WEAVE, CROSS POINT, CROSS & UNWIND

- 1-2      Step right foot to right side, step left foot behind right foot
- &3-4      Step right foot to right side, cross left foot over right foot, point right toes to right side
- 5-6      Cross right foot over left foot, point left toes to left side
- 7-8      Cross left foot over right, unwind  $\frac{1}{2}$  turn right (weight now on left foot)

## SYNCOPATED WEAVE, CROSS POINT, CROSS & UNWIND

- 1-2      Step right foot to right side, step left foot behind right foot
- &3-4      Step right foot to right side, cross left foot over right foot, point right toes to right side
- 5-6      Cross right foot over left foot, point left toes to left side
- 7-8      Cross left foot over right, unwind  $\frac{1}{2}$  turn right (weight now on left foot)

## FORWARD ROCK, $\frac{1}{2}$ TURN SHUFFLE RIGHT, FORWARD ROCK & $\frac{1}{2}$ TURN SHUFFLE LEFT

- 1-2      Rock forward on right foot, rock weight back onto left foot
- 3&4      Shuffle turn  $\frac{1}{2}$  right (right foot, left foot, right foot)
- 5-6      Rock forward on left foot, rock weight back onto right foot
- 7-8      Shuffle turn  $\frac{1}{2}$  left (left foot, right foot, left foot)

## KICK BALL POINT TWICE, CROSS, UNWIND & HIP ROTATE

- 1&2      Kick right foot forward, step onto right foot (in place), point left toes to left side
- 3&4      Kick left foot forward, step onto left foot (in place), point right toes to right side
- 5-6      Cross right foot over left foot, unwind  $\frac{3}{4}$  turn left (weight remains on left foot)
- 7-8      Rotate hips (to the right)

## REPEAT

Option for section 3

## FORWARD ROCK, BACK STEP LOCK STEP, BACK ROCK & FORWARD LOCK STEP

- 1-2      Rock forward on right foot, rock weight back onto left foot
- 3&4      Step back on right foot, lock left foot across right foot, step back on right foot
- 5-6      Rock back on left foot, rock weight forward onto right foot
- 7-8      Step forward with left foot, lock right foot behind left foot, step forward onto left foot