

## Rollin' With The Flow

Choreographed by John "Grrowler" Rowell

Description: 32 count, 4 wall, intermediate cha cha line dance

Music: Rollin' With The Flow by Mark Chesnutt [120 bpm / CD: / Available on iTunes]

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### SIDE-CROSS ROCK-RECOVER, ¼ SHUFFLE, STEP, ½ PIVOT, RIGHT-LOCK-STEP

- 1 - 2 - 3 Step right to side, cross rock left over right, recover on right (12:00)
- 4 & 5 Step left turn ¼ left, step right together, step left forward (9:00)
- 6 - 7 Step right forward, pivot turn ½ left (3:00)
- 8 & 1 Step right forward, lock left behind right, step right forward (3:00)

### TURN ¼, BACK ROCK-&-SIDE, BEHIND-SIDE-CROSS, SWAY-SWAY

- 2 - 3 Step left forward turning ¼ right, rock right behind left (6:00)
- & 4 Recover on left, step right to side (6:00)
- 5 & 6 Cross left behind right, step right to side, cross left in front of right (6:00)
- 7 - 8 Step right to side swaying hips right, sway hips to left (6:00)

### SWEEP, BEHIND-SIDE-FRONT, SIDE ROCK-&-CROSS, FULL ROLL FORWARD

- 1 Turn ¼ left on ball of right sweeping left out and behind right (3:00)
  - 2 & 3 Cross left behind right, step right to side, cross left over right (3:00)
  - 4 & 5 Rock right to side, recover on left, cross right over left (3:00)
- Moving forward on the full roll forward
- 6 Step left forward turn ¼ left (12:00)
  - 7 On ball of left pivot turn ¼ left stepping right back (9:00)
  - 8 On ball of right pivot turn ½ left stepping left forward (3:00)

### STEP-SYNCOPATED JAZZ BOX, SIDE-CROSS ROCK-RECOVER, 3 STEP FULL TURN

- 1 - 2 Step forward right, cross left over front of right (3:00)
- 3 & Step right back, step left to side
- 4 - 5 Cross right over front of left, step left to side (3:00)
- 6 - 7 Cross rock right over left, recover on left (3:00)
- 8 Step right turn ¼ right (6:00)
- & On ball of right pivot ¼ right stepping left to side (9:00)
- 1 On ball of left pivot turn ½ right stepping right to side (3:00)

Count 1 is the first step of the dance

### REPEAT

Easy alternative for the last "8&1"

### RIGHT SIDE SHUFFLE

- 8&1 Step right to side, step left together, step right to side (3:00)