

# Rollin' With The Flow

**Count:** 32

**Wall:** 4

**Level:** Beginner/Intermediate level

**Choreographer:** John "Growler" 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       **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       (7)On ball of left pivot quarter turn left stepping back on right [CCW, 9]  
8       (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**

**It's possible to add the following tag after wall 4**

1-8           **SIDE-CROSS ROCK-RECOVER, CHASSE LEFT, BACK ROCK, RIGHT SIDE, TOGETHER**  
1-2-3       (1)Step right to right, (2)cross rock left over right, (3)recover on right [12]  
4&5       (4)Step left to left, (&)close right next to left, (5)step left to left  
6-7       (6)Rock right behind left, (7)recover on left  
8&       (8)Step right to right, (&)close left next to right