



Approved by:

Alison Biggs
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Go With The Flow!

4 WALL - 64 COUNTS - IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 - 2 & 3 - 4 & 5 & 6 7 - 8	Jazz Box Cross, Side Switches, Step, Step, Pivot 1/2 Cross right over left. Step left back. Step right beside left. Cross left over right. Point right toes to right side. Step right beside left. Point left toes to left side. Step left beside right. Step right forward. Step left forward. Pivot 1/2 turn right. (6:00)	Cross Back & Cross Point & Point & Step Step Pivot	Back Right On the spot Forward Turning right
Section 2 1 - 2 3 & 4 5 - 6 7 & 8	Step, Touch, Back Shuffle, Back, Touch, Forward Shuffle Step left forward. Touch right beside left. Step right back. Close left beside right. Step right back. Step left back. Touch right beside left. Step right forward. Close left beside right. Step right forward. (6:00)	Step Touch Back Shuffle Back Touch Right Shuffle	Forward Back Forward
Section 3 1 - 2 3 & 4 5 - 6 7 & 8	Step, Pivot 1/4, Cross Shuffle, Side Rock, Coaster Step Step left forward. Pivot 1/4 turn right. (9:00) Cross right over right. Step right to right side. Cross left over right. Rock right to right side. Recover onto left. Step right back. Step left beside right. Step right forward. (9:00)	Step Pivot Cross Shuffle Side Rock Coaster Step	Turning right Right On the spot
Section 4 1 & 2 & 3 & 4 & Note 5 - 8	Heel Switches (Travelling Forward), Step, Step, Pivot 1/2, Step Touch left heel forward. Step left in place. Touch right heel forward. Step right in place. Touch left heel forward. Step left in place. Touch right heel forward. Step right in place. Heel switches are done travelling forward, not on the spot. Step left forward. Step right forward. Pivot 1/2 left. Step right forward. (3:00)	Heel & Heel & Heel & Heel & Left Right Turn Step	Forward Turning left
Section 5 1 - 2 3 & 4 5 - 6 7 & 8	Diagonal Lock Steps, Step, Pivot 1/2, Diagonal Forward Shuffle Travelling to left diagonal (1:00), step left forward. Lock right behind left. Step left forward. Lock right behind left. Step left forward. Step right forward. Pivot 1/2 left to opposite diagonal (7:00). Step right forward. Close left beside right. Step right forward. (7:00)	Step Lock Step Lock Step Step Pivot Right Shuffle	Forward Turning left Forward
Section 6 1 - 2 3 & 4 5 - 6 7 & 8	Diagonal Lock Steps, Step, Pivot 1/2, Diagonal Forward Shuffle Travelling to left diagonal (7:00), step left forward. Lock right behind left. Step left forward. Lock right behind left. Step left forward. Step right forward. Pivot 1/2 left to opposite diagonal (1:00). Step right forward. Close left beside right. Step right forward. (1:00)	Step Lock Step Lock Step Step Pivot Right Shuffle	Forward Turning left Forward
Section 7 1 - 2 & 3 & 4 5 - 6 7 & 8	Step, Touch, & Heel & Step, Step, Point, Coaster Step Step left forward. Touch right beside left. Step right back. Touch left heel forward. Step left beside right. Step right slightly forward (squaring up to wall). (3:00) Step left forward. Point right toes to right side. Step right back. Step left beside right. Step right forward. (3:00)	Step Touch & Heel & Step Step Point Coaster Step	Forward Back Forward On the spot
Section 8 1 - 2 3 & 4 5 - 6 & 7 & 8	Step, Pivot 1/2, Forward Shuffle, Step, Touch, & Kick Ball Change Step left forward. Pivot 1/2 turn right. (9:00) Step left forward. Close right beside left. Step left forward. Step right forward. Touch left beside right. Step left back. Kick right forward. Step right beside left. Step onto left in place. (9:00)	Step Pivot Left Shuffle Step Touch & Kick Ball Change	Turning right Forward On the spot

Choreographed by: Peter Metelnick and Alison Biggs (UK) December 2008

Choreographed to: 'Let Your Love Flow' (7th Heaven Radio Edit) by Mike Melange
 feat. Alan Connor (125 bpm) from CD Single; also available as download
 from amazon.co.uk or xpressbeats.com or iTunes (16 count intro)



A video clip of this dance is available at
www.linedancermagazine.com