

# GO WITH THE FLOW

Choreographed by Mairi F McFarlane (Scotland) 04/12/04

32 Count - 4 Wall - Beginner/Improver

Choreographed to: Mockingbird - Toby Keith & Krystal (115 bpm)

\*Count in - 36 - immediately after they sing 'now'

Alternative Music: I Got This Feeling - Joni Harms

Sweet Meant to Be - Carlene Carter

There Goes my Heart - Mavericks

Kiss me in the Car - John Berry

Party for Two - Shania Twain & Billy Currington

## **Section 1: 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)

## **Section 2: 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)

## **Section 3: 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)

## **Section 4: Kick Ball Point x 2, 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 (clockwise)

## **Choreographers Note: Option for Section 3 (if you don't like turns)**

### ***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*