Rollin' With The Flow (跟著感覺走) (zh)

Count: 32 **Wall:** 4 **Level:** Improver
Choreographer: John "Grrowler" Rowell (UK) - 2007年08月
Music: Rollin' With the Flow - Mark Chesnutt : (CD: CDX, Vol. 427)

前奏： 16 counts / 12 seconds, Start on the word "HEAD"

第一段 Side-Cross Rock-Recover, 1/4 Shuffle, Step, 1/2 Pivot, Right-Lock-Step
側交換 下沉回復, 1/4轉交換, 踏, 轉1/2, 右鎖步

1-3 (1)Step Right To Right, (2)Cross Rock Left Over Right, (3)Recover On Right [12] 右足右踏, 左足於右足前交叉下沉, 右足回復(12點鐘)

4&5 (4)Step Left Quarter Turn Left [Ccw], (&)Step Right Next To Left, (5)Step Left Forward [9]
左轉90度左足踏[逆時針], 右足併踏, 左足前踏(9點鐘)

6-7 (6)Step Right Forward, (7)Pivot Half Turn Left [Ccw. 3]
右足前踏, 左轉180度(逆時針3點鐘)

8&1 (8)Step Right Forward, (&)Lock Left Behind Right, (1)Step Right Forward [3] 右足前踏, 左足於右足後鎖步, 右足前踏

第二段 1/4 Turn, Back Rock-&-Side, Behind-Side-Cross, Sway-Sway
轉1/4, 後 下沉-側, 後-側-交叉, 擺臀-擺臀

2-3 (2)Step Left Forward Turning Quarter Right [Cw], (3)Rock Right Behind Left [6] 右轉90度左足前踏(順時針), 右足於左足後下沉

&4 (&)Recover On Left, (4)Step Right To Right [6]
左足回復, 右足右踏(6點鐘)

5&6 (5)Step Left Behind Right, (&)Step Right To Right, (6)Cross Left In Front Of Right [6]
左足於右足後踏, 右足右踏, 左足於右足前交叉踏(6點鐘)

7-8 (7)Step Right To Right Swaying Hips Right, (8)Sway Hips To Left [6]
右足右踏右擺臀, 左擺臀(6點鐘)

第三段 Sweep, Behind-Side-Front, Side Rock-&-Cross, Full Roll Forward
旋繞, 後-側-前, 側 下沉-交叉, 前轉圈

1 (1)Turn Quarter Left [Ccw]On Ball Of Right Sweeping Left Out And Behind Right [3] 左轉90度(逆時針)左足繞至右足後

2&3 (2)Cross Left Behind Right, (&)Step Right To Right, (3)Cross Left Over Right [3] 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

4&5 (4)Rock Right To Right, (&)Recover On Left, (5)Cross Right Over Left [3] 右足右下沉, 左足回復, 右足於左足前交叉踏(3點鐘)

6 (6)Step Left Forward Quarter Turn Left [Ccw, 12]
左轉90度左足前踏(逆時針12點鐘)

7 (7)On Ball Of Left Pivot Quarter Turn Left Stepping Back On Right [Ccw, 9] 以左足左轉90度右足後踏(逆時針9點鐘)

8 (8)On Ball Of Right Pivot Half Turn Left Stepping Forward On Left [3] 以右足左轉180度左足前踏

第四段 Step-Syncopated Jazz Box, Side-Cross Rock-Recover, 3 Step Full Turn
變奏爵士方塊, 側-交叉 下沉-回復, 三步轉圈

1-2 (1)Step Forward Right, (2)Cross Left Over Front Of Right [3]
右足前踏, 左足於右足前交叉踏(3點鐘)

3& (3)Step Back On Right, (&)Step Left To Left [3]
右足後踏, 左足左踏(3點鐘)

4-5	(4)Cross Right Over Front Of Left, (5)Step Left To Left [3] 右足於左足前交叉踏, 左足左踏(3點鐘)
6-7	(6)Cross Rock Right Over Left, (7)Recover On Left [3] 右足於左足前交叉下沉, 左足回復(3點鐘)
8&1	(8)Step Right Quarter Turn Right [Cw, 6] (&)On Ball Of Right Pivot Quarter Right Stepping Left To Left [Cw, 9] (1)On Ball Of Left Pivot Half Turn Right Stepping Right To Right [Cw, 3] 右轉90度右足踏(順時針6點鐘), 以右足右轉90度左足左踏(順時針9點鐘), 以左足右轉90度右足右踏(順時針3點鐘)
8&1 Easy alternative 簡易版	**Right Side Shuffle** (8)Step Right To Right, (&)Step Left Next To Right, (1)Step Right To Right [3] 右側交換:右足右踏, 左足併踏, 右足右踏(3點鐘)
