

Official WCDF competition dance description 2011

Rollin' With The Flow

Darren Mitchell

Type : 32 Count, 4 Wall Cuban (Cha Cha)
Level : Newcomer
Music : "Rollin' With The Flow" by Mark Chestnut (BPM 91)

STEP SIDE, ROCK, RECOVER,
¼ TURN LOCK STEP, STEP, ½ TURN,
LOCK STEP

1 RF step side right
2 LF rock forward
3 RF recover
4 LF ¼ turn left step forward (9.00)
& RF step behind LF
5 LF step forward
6 RF step forward
7 LF ½ turn left (3.00)
8 RF step forward
& LF step behind RF
9 RF step forward

STEP, ¼ TURN, CROSS LOCK STEP,
ROCK, RECOVER, CROSS LOCK STEP

10 LF step forward
11 RF ¼ turn right (6.00)
12 LF cross in front of RF
& RF step behind LF
13 LF cross in front of RF
14 RF rock side right
15 LF recover
16 RF cross in front of LF
& LF step behind RF
17 RF cross in front of LF

¼ TURN STEP BACK,
½ TURN STEP FWD, STEP, ½ TURN, STEP,
SKATE X2, CHASSÉ

18 LF ¼ turn right step back
19 RF ½ turn right step forward (3.00)
20 LF step forward
& RF ½ turn right (9.00)
21 LF step forward
22 RF swivel diagonally right step forward
23 LF swivel diagonally left step forward
24 RF step side right
& LF step next to RF
25 RF step side right

ROCK, RECOVER, CHASSÉ, ROCK,
RECOVER, STEP SIDE, TOGETHER

26 LF rock forward
27 RF recover
28 LF step side left
& RF step next to LF
29 LF step side left
30 RF rock forward
31 LF recover
32 RF step side right
& LF step next to RF