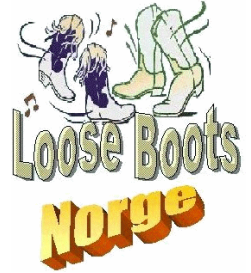


NU FLOW

2 WALL - 40 COUNT LINE DANCE.



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PREPARED BY: SADIAH HEGGERNES (Tlf. 33 05 87 94 Mob. 902 04 440)
CHOREOGRAPHED BY: MASTERS IN LINE.
LEVEL OF DIFFICULTY: INTERMEDIATE
SUGGESTED MUSIC: "Nu Flow" by Big Brovaz

(Note: Dance starts on last count of the dance as shown below)

SECTION 1 KICK BALL STEP, TOUCH CROSS, SWITCH AND SWITCH, ½ TURN TOUCH, POINT &

8&1 Kick Right foot forward, step right foot next to left, step left foot forward
2-3 Touch right toe to right side, cross right foot in front of left
4&5 Touch left toe to left side, step left foot next to right, touch right toe to right side
6-7 Pivot a ½ turn right bringing right foot next to left, touch left toe to left side
8 Touch left toe across in front of right

SECTION 2 AND STEP, CROSS ½ TURN, STEP TOUCH, ½ TURN TOUCH, STEP

&1 Step left foot to left side, step right foot to right side
2-3 Cross left foot over right, step right foot back making ¼ turn left
4-5 Step left foot to left side making ¼ turn left, touch right toe to right side
6-7 Step right foot forward making ¼ turn right, making a ¼ turn right touch left toe to left side
8 Step left foot forward making ¼ turn left

SECTION 3 FULL TURN, STEP ½ TURN, AND HEEL HOLD AND TOGETHER HOLD

1 – 2 Making ½ turn left step back on right foot, Making a ½ turn left step forward on left foot
3-4 Step forward on right foot , pivot ½ turn left (weight ends on left foot)
&5-6 Step back on right foot, touch left heel to left diagonal, hold
&7-8 Step left foot to left side, step right foot together, hold

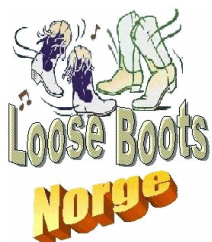
SECTION 4 AND SIDE, CROSS, SIDE, BEHIND, TOUCH, HITCH, SIDE, TWIST

&1-2 Step left foot to left side, step right foot to right side, cross left foot over right
3-4 Step right foot to right side, cross left foot behind right
5-6 Touch right toe to right side, hitch right knee beside left leg
7-8 Step right foot to right side, twist both heels to left making ¼ turn right

SECTION 5 HITCH, STEP BACK ,1/4 TURN BUMP, BUMP, 1&1/4 TURN LEFT

1-2 Hitch left knee beside right leg, touch left toe back
3-4 Make a ¼ turn left bumping hips to left, bump hips to right
5-6 Making a ¼ turn left step left foot forward, pivoting a ½ turn left step back on right foot
7 Making a ½ turn left step forward on left foot

(Count 40 begins the dance again with the right kick forward)



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