

Nu Flow

Description: 40 counts. 2 Walls
Choreographer: Masters In Line
Music: "Nu Flow" By Big Bro

Dance starts 32 counts after first beat



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

1-8 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

&9-16 AND STEP, CROSS ½ TURN, STEP TOUCH, ½ TURN TOUCH, STEP ¼ LEFT

- &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

17-24 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

25-32 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

33-39 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)

START AGAIN AND ENJOY!

Step Sheet Courtesy of LineDanceFun on the Internet at www.linedancefun.com

www.mastersinline.com

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