

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!