



Natural Flow

Choreographed by The Girls (Maureen & Michelle Jones)

Description: 32 count, 2 wall, beginner line dance

Music: **If It Don't Come Easy** by Tanya Tucker [140 bpm / Country Classics]

What's Goin' On by Shane Worley [158 bpm / CD: The Most Awesome Line Dancing Album
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Cowboy Up by Joni Harms [164 bpm]

DIAGONAL STEP, TOGETHER, HEEL TWIST, DIAGONAL STEP, TOGETHER, HEEL TWIST

- 1-2 Step right diagonally forward right, step left beside right
- 3-4 Twist both heels to right, twist both heels to center
- 5-6 Step left diagonally forward left, step right beside left
- 7-8 Twist both heels left, twist both heels to center

DIAGONAL STEP BACK, TOUCH, DIAGONAL STEP BACK, TOUCH, VINE RIGHT WITH ¼ TURN, SCUFF

- 9-10 Step right diagonally back right, touch left beside right
- 11-12 Step left diagonally back left, touch right beside left
- 13-14 Step right to right, step left behind right
- 15-16 Step right ¼ turn right, scuff left forward

STEP, SCUFF, STEP, SCUFF, WALKS BACK, TOUCH

- 17-18 Step left forward, scuff right forward
- 19-20 Step right forward, scuff left forward
- 21-22 Step left back, step right back
- 23-24 Step left back, touch right beside left

MONTEREY ½ TURN, SIDE, ¼ TURN-HOOK, STEP, TOUCH

- 25-26 Touch right toe to right, make ½ turn right and step right beside left
- 27-28 Touch left toe to left, step left beside right
- 29-30 Step right to right, on ball of right make ¼ turn left and hook left across right
- 31-32 Step left forward, touch right beside left

REPEAT

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