



NU FLOW

Choreographed by: Masters In Line
40 Count, 2 Wall, Intermediate level line dance
Music: Nu Flow by Big Brovaz
Contact Info: *No Longer Available*



[Scan/Click for Video](#)

Dance starts on last count of the dance as shown below

KICK BALL STEP, TOUCH CROSS, SWITCH AND SWITCH, 1/2 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 1/2 turn right bringing right foot next to left, touch left toe to left side
- 8 Touch left toe across in front of right

AND STEP, CROSS 1/2 TURN, STEP TOUCH, 1/2 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 1/4 turn left
- 4-5 Step left foot to left side making 1/4 turn left, touch right toe to right side
- 6-7 Step right foot forward making 1/4 turn right, making a 1/4 turn right touch left toe to left side
- 8 Step left foot forward making 1/4 turn left

FULL TURN, STEP 1/2 TURN, AND HEEL HOLD AND TOGETHER HOLD

- 1-2 Making 1/2 turn left step back on right foot, making a 1/2 turn left step forward on left foot
- 3-4 Step forward on right foot, pivot 1/2 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

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 the left so your body turns 1/4 turn right

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 1/4 turn left bumping hips to left, bump hips to right
- 5-6 Making a 1/4 turn left step left foot forward, pivoting a 1/2 turn left step back on right foot
- 7 Making a 1/2 turn left step forward on left foot

Count 40 begins the dance again with the right kick forward

(Reviewed by Elysium Dance Designs September 2015)

(Originally taught in early 2004)

