

# Flow Rider

**Count:** 32

**Wall:** 2

**Level:** Absolute Beginner

**Choreographer:** Sierra Gil (USA) & Dustin Valcalda (USA) - February 2025

**Music:** OMG (feat. Sage the Gemini) - Flo Rida



**Intro: 8 Counts – Weight starts left foot**

**[1-8] Cross, Point, Cross, Point, Jazz Box w/ cross**

- 1-2 Cross RF over LF, Point LF to L side (12:00)
- 3-4 Cross LF over RF, Point RF to R side (12:00)
- 5-6 Cross RF over LF, Step LF diagonally back L (12:00)
- 7-8 Step RF to R side, Cross LF over RF (12:00)

**[9-16] Hip Sways, Rocking Chair**

- 1-2 Step RF to R side w/ hip sway to R, Sway hips to L (12:00)
- 3-4 Sway Hips to R, Sway hips to L (12:00)
- 5-6 Rock RF forward, Recover weight LF (12:00)
- 7-8 Rock RF back, Recover weight LF (12:00)

**Styling Note: Play with/style the hip sways however you want. Have fun with it!**

**[17-24] Toe Strut, Toe Strut, ¼ Pivot, ¼ Pivot**

- 1-2 Touch R toe forward, Step onto RF (12:00)
- 3-4 Touch L toe forward, Step onto LF (12:00)
- 5-6 Cross RF slightly in front of LF, pivot ¼ L weight ending LF (9:00)
- 7-8 Cross RF slightly in front of LF, pivot ¼ L weight ending LF (6:00)

**Styling Note: Add hip bumps to toe struts (strut bumps).**

**[25-32] Walk Forward, Kick, Walk Back, Touch**

- 1-2 Step RF forward, Step LF forward (6:00)
- 3-4 Step RF forward, Touch/Kick L heel forward (6:00)
- 5-6 Step LF back, Step RF back (6:00)
- 7-8 Step LF back, Point R toe diagonally back R (6:00)

**Styling Note: On Walls 1, 9, and 10, slowly raise your hands up for 4 counts while walking forward when lyrics say “higher”, then lower your hands for 4 counts when walking backwards.**

**Song download:** [https://drive.google.com/file/d/1YTCc7eKC0AliuenuiVFNRq\\_UsREzVTFW/view?usp=sharing](https://drive.google.com/file/d/1YTCc7eKC0AliuenuiVFNRq_UsREzVTFW/view?usp=sharing)

**Last Update:** 27 Feb 2025