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

Last Update: 27 Feb 2025