

Flowers

Count: 56

Wand: 4

Ebene: High Intermediate

Choreograf/in: Tina S. Rasmussen (NOR) - February 2023

Musik: Flowers - Miley Cyrus



Start : on vocals (8 counts after on first musical instrument.)

Step side, back rock step, shuffle right, rock step left ,trippel turn left.

- 1,2,3 Step left to left side, step right foot back recover on left
- 4 & 5 Step right forward, step left next to right step forward on right
- 6,7 Rock forward on left, step back on right turning $\frac{1}{4}$ (9:00)
- 8 & 1 Step left $\frac{1}{4}$ turn left(6:00) step right turn left $\frac{1}{4}$ (3:00) step left turn left $\frac{1}{2}$ (9:00)

Hold, step side, cross rock side X2, coaster step $\frac{1}{4}$

- 2, & 3 Hold, Step right next to left, step left to left side
- 4 & 5 Cross right over left, step right to right side
- 6 & 7 Cross left over right, step left to left side
- 8 & 1 Step right back $\frac{1}{4}$ turning right (12:00) step left next to right step forward on right

Step $\frac{1}{2}$ turn, lockstep $\frac{1}{2}$ turn, shuffle $\frac{1}{2}$ turn, side rock recover.

- 2, 3 Step forward on left, turn right $\frac{1}{2}$ step forward on right (9:00)
- 4 & 5 Step left foot $\frac{1}{4}$ turn over right (9:00), step right in front (lock) of left $\frac{1}{4}$ turn (12:00) step back on left
- 6 & 7 Step right $\frac{1}{4}$ to right side (3:00) step left next to right, step right $\frac{1}{4}$ turn forward (6:00)
- 8, 1 Step left $\frac{1}{4}$ turn to left side (9:00), step right to right side

Behind side cross, rock recover, behind side $\frac{1}{4}$ turn forward, mambo step .

- 2 & 3 Left step behind right, step right to right side, cross left over right
- 4, 5 Step right to right side, step left to left side
- 6 & 7 Step right behind left, step left $\frac{1}{4}$ turn to left, step right forward (6:00)
- 8 & 1 Step forward on left, step back on right, step left next to right

Mambo back, mambo side X2, step $\frac{1}{2}$ turn.

- 2 & 3 Step back on right, step forward on left, step right next to left
- 4 & 5 Step left to left side, step back on right, step left next to right
- 6 & 7 Step right to right side, step back on left, step right next to left
- 8, 1 Step forward on left, turn $\frac{1}{2}$ turn over right step forward on right (12:00)

$\frac{1}{4}$ step side, cross shuffle, side rock recover, behind side cross.

- 2, 3 Step left to left side $\frac{1}{4}$ turn right, step right to right side (3:00)
- 4 & 5 Step left over right, step right to right side, step left over right
- 6, 7 Step right to right side, step left to left side
- 8 & 1 Step right behind left, step left to left side, step right cross over left

Hold, cross over, hold, cross behind, hold,cross over hold x3

- 2, & 3 Hold, step left to left side cross right behind left
- 4, & 5 Hold, step left to left side cross right over left
- 6,7,8 Hold, hold, hold

START AGAIN

RESTART 1: on wall 1, 4 and 6 after count 45 in the 6th sequence , cross shuffle side rock on 6, 7, cross right over left on 8 starting again on 1.

RESTART 2: On wall 3 after 15 count end of sequence 2, step right next to left on count 8 start again on 1
