

Sweet Hemp Flowers

Count: 64

Wall: 2

Level: Beginner / Contra

Choreographer: Flat Guo (CN) - October 2015

Music: Sugar - Maroon 5



Intro: 16 counts

(1-8) R side, L Together, Shuffle, Pivot turn R, Cross shuffle

1-2 Step R to R, Step L together

3&4 Step R forward, Step L behind R, Step R forward

(Pass partner by partner's left)

5-6 Step L forward, Pivot 1/2 turn R

7&8 Step L cross over R, Step R to R, Step L cross over R

(On partner's left)

(9-16) Forward, Pivot turn R, Forward, R side, Rock, Recover, Rock, Recover

1-2&3-4 Step R forward, 1/2 turn R stepping L back, Step R in place, Step L forward, Step R to R

(Pass partner by partner's left)

5&6 Rock L behind R, Recover on R, Step L to L

7&8 Rock R behind L, Recover on L, Step R to R

(17-24) Back, Back, Coaster step, Shuffle, Shuffle, Large step, Together

1-2 1/4 turn L stepping L back, Step R back

3&4 Step L back, Step R together, Step L cross over R

5&6 Step R to R, Step L together, 1/4 turn R stepping R forward

7-8 Large step L to L, Step R together (Partners back to back)

(25-32) Monterey turn, Dig R heel, Together, Dig L heel, Together

1-2-3-4 Point R to R, 1/2 turn R stepping R beside L, Point L to L, Step L beside R

5&6& Dig R heel forward, Step R beside L, Dig L heel forward, Step L beside R

7&8 Step R forward and shimmy shoulder

(33-40) Rock L, Recover, Sailor step, Rock R, Recover, Sailor step

1-2 Rock L to L, Recover on R

3&4 Cross L behind over R, Step R to R, Cross L over R

5-6 Rock R to R, Recover on L

7&8 Cross R behind over L, Step L to L, Cross R over L

(41-48) L side, Cross, L side, Dig R, Together, Cross, Weave step, Forward, Forward

1-2& Step L to L, Cross R behind over L, Step L to L

3&4 Dig R heel R diagonal, Step R beside L, Cross L over R

5-6& Step R to R, Cross L behind over R, Step R to R

7-8 Step L forward, Step R forward

(49-56) Pivot 1/2 turn L, Cross shuffle, Rock, Recover, Triple turn

1-2 Step L forward, Pivot 1/2 turn L

(Pass partner by partner's left)

3&4 Cross L over R, Step R together, Cross L over R

5-6 1/4 turn R rocking R forward, Recover on L

7&8 1/4 turn R stepping R forward, 1/2 turn R stepping L back, Step R forward

(57-64) L side, Together, Cross, Touch, Forward, Turn and back, Forward, Forward

1-2-3-4 Step L to L, Step R together, Step L cross over R(At count 3 pass partner's left), Touch R beside L

5-6-7-8 Step R forward, 1/2 turn R stepping L back, Step R forward, Step L forward

Have fun!

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