

# Distant Flowers

拍数: 32      墙数: 4      级数: High Improver  
编舞者: Paul James (UK), Stacie White (UK) & Hannah Day (UK) - May 2020  
音乐: Flowers (feat. Sugababes) - DJ Spooky



Count In – 32 Counts.

Restarts – On wall 7, 9 and 11 after count 16.

## [1-8] Cross, Back, and Cross, Step, Cross Unwind, Hip Bumps.

1,2            Cross RF over LF (1) Small step LF back (2)  
&3,4          Step RF next to LF (&) Cross LF over RF (3) Small step RF to R.  
5,6            Cross LF behind RF (5) Unwind ¼ turn L (6)  
7,8            Bump hips out – R L (7,8)

## [9-16] V Step (Romford Two Step), Step F, ¼ Heel Bounces.

1,2,3,4        Step RF forward & slightly out (1) Step LF forward & slightly out (2) Step RF back in place (3)  
                  Step LF back in place (4)

**\*Romford Two Step Arm Styling optional & explained on walkthrough video\***

5,              Step RF forward (5)  
6,7,8          Making ¼ turn L, bounce heels x3 (6,7,8)

**(Restart here after count 16 on walls 7, 9 & 11)**

## [17-24] Toe Heel Taps x2, Rock Recover, Rock Recover Touch.

1,2            Touch R toe next to L foot (1) Touch R heel next to L foot (2)  
&3,4          Switch weight onto RF (&) Touch L toe next to RF (3) Touch L heel next RF  
5,6            Rock LF out to L (5) Step & recover LF next to RF (6)  
7,8            Rock RF out to R (7) Recover and touch R toe next to LF (8)

## [25-32] ¼ Jazz Box With A Touch, Slide, Together, Double Knee Hitch + Arms.

1,2            Cross RF over LF (1) Make ¼ turn R stepping back on LF (2)  
3,4            Step RF to R (3) Touch L toe next to RF (4)  
5,6            Big step LF to L, dragging RF to LF, (5) Step RF next to LF (6)  
7,8            Hitch lift R knee x2 keeping R knee up to finish, pushing hands up with the hitches (7,8)

**Demo & Walk Through Video Will Be Available On YouTube Account – cudgefudge**  
**We Hope You Enjoy & Happy Dancing**

Contact – paul.jc31@gmail.com