

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

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