

Flores

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Hiroko Carlsson (AUS) - January 2023
音乐: Flores - Kenia OS : (Spotify/Apple Music/Deezer)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(Dance starts on lyrics)

[S1] Shuffle Fwd, Step-Pivot 1/2R-1/2R Shuffle Back, Coaster Step

1&2 Shuffle forward on R-L-R
3 4 Step forward on L, Make a ½ turn right recover weight on R (6:00)
5&6 Making a ½ turn right shuffle back on L-R-L (12:00)
7&8 Step back on R, Step L next to R, Step forward on R

[S2] Shuffle Fwd, Step-Pivot 1/4L, 2x Cross Samba

1&2 Shuffle forward on L-R-L
3 4 Step forward on R, Make a ¼ turn left recover weight on L (9:00)
5&6 Cross R over L, Rock L to the side, Replace weight on R
7&8 Cross L over R, Rock R to the side, Replace weight on L

[S3] Fwd Rock, Back-lock-Back, Back-Lock-Back, Coaster Step

1 2 Rock forward on R, Step, Replace weight on L
3&4 Step back on R, Lock/across L over R, Step back on R
5&6 Step back on L, Lock/across R over L, Step back on L
7&8 Step back on R, Step L next to R, Step forward on R

[S4] Fwd Rock, Back-lock-Back, Back-Lock-Back, 1/4L, Cross

1 2 Rock forward on L, Step, Replace weight on R
3&4 Step back on L, Lock/across R over L, Step back on L
5&6 Step back on R, Lock/across L over R, Step back on R
7 8 Make a ¼ turn left stepping L to the side (6:00), Cross R over L

[S5] Side Shuffle, Rock Back, Weave R

1&2 Side shuffle to the left on L-R-L
3 4 Rock back on R, Replace weight on L
5 6 Step R to the side, Step L behind R
7 8 Step R to the side, Cross L over R

[S6] Side Shuffle, Rock Back, Toe Struts Turn 1/2R

1&2 Side shuffle to the left on R-L-R
3 4 Rock back on L, Replace weight on R
5 6 Making a ¼ turn right touch back on L toes (9:00), Drop L heel
7 8 Making a ¼ turn right touch forward on R toes (12:00), Drop R heel

[S7] Fwd Rock, Wisk L-R-L

1 2 Rock forward on L, Replace weight on R
3 4& Step L to the side, Rock back on R, Replace weight on L
5 6& Step R to the side, Rock back on L, Replace weight on R
7 8& Step L to the side, Rock back on R, Replace weight on L

[S8] 1/4L Walk Back, Back Mambo, Fwd Mambo, Back Rock

1 2 Make a ¼ turn left stepping back on R (9:00), Step back on L

3&4 Mambo step back on R, Replace weight on L, Step forward on R
5&6 Mambo step forward on L, replace weight on R, Step back on L
7 8 Rock back on R, Replace weight on L

(updated: 11/Jan/23)
