

Flowers

拍数: 56 墙数: 4 级数: High Intermediate
编舞者: Tina S. Rasmussen (NOR) - February 2023
音乐: 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 ¼ (9:00)
8 & 1 Step left ¼ turn left(6:00) step right turn left ¼ (3:00) step left turn left ½ (9:00)

Hold, step side, cross rock side X2, coaster step ¼

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 ¼ turning right (12:00) step left next to right step forward on right

Step ½ turn, lockstep ½ turn, shuffle ½ turn, side rock recover.

2, 3 Step forward on left, turn right ½ step forward on right (9:00)
4 & 5 Step left foot ¼ turn over right (9:00), step right in front (lock) of left ¼ turn (12:00) step back on left
6 & 7 Step right ¼ to right side (3:00) step left next to right, step right ¼ turn forward (6:00)
8, 1 Step left ¼ turn to left side (9:00), step right to right side

Behind side cross, rock recover, behind side ¼ 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 ¼ 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 ½ 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 ½ turn over right step forward on right (12:00)

¼ step side, cross shuffle, side rock recover, behind side cross.

2, 3 Step left to left side ¼ 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
