

# Flowers

拍数: 56      墙数: 4      级数: Intermediate  
编舞者: Emma Skov Støttrup Mainz (DK) - February 2023  
音乐: Flowers - Miley Cyrus



**Intro: Start on the word "good" (app. 8 Seconds)**

**[1-8] WALK R + L, SHUFFLE FW, ROLLING HIP BUMP, SWAY R + L**

1 – 2            Step fw on R, Step fw on L  
3 & 4            Step fw on R, Step L next to R, Step R fw  
5 – 6            Step L to L side while rolling hip from R to L Clock wise – weight ends on L  
7 - 8            Sway R, Sway L – weight on L

**[9-17] ROCK FW, BACK SWEEP X2, SAILOR 1/2 R, POINT L + R**

1 – 2            Rock R fw, Recover on L  
3 – 4            Step back on R while sweeping L from front to back, Step back on L while sweeping R from front to back  
5 & 6            Turn ¼ R step back on R, Turn ¼ R step small step back on L, Cross R in front of L (6:00)  
7 & 8            Point L to L side, Step L next to R, Point R to R side

**[18-24] JAZZ BOX, TOE STRUT R + L**

1 – 4            Cross R in front of L, Step back on L, Step R to R side, Step L fw  
5 & 6            Point R toe fw while bumping R hip up, bump R hip down, Step down on R foot  
7 & 8            Point L toe fw while bumping L hip up, bump L hip down, Step down on L foot

**[25-32] JAZZ BOX 1/4 R, OUT-OUT-IN-IN X2**

1 – 4            Cross R in front of L, Turn ¼ R step back on L, Step R to R side, Step L fw (9:00)  
& 5 & 6            Step R out to R diagonal, Step L out to L diagonal, Step R back to center, Step L next to R  
& 7 & 8            Repeat sec. &5&6 ( easy version – count 29-32 V-Step on whole counts )

**[33-40] SHUFFLE R + L FW, STEP 1/2 BACK, SWEEP L, STEP L BACK, SWEEP R**

1 & 2            Step fw on R, Step L next to R, Step fw on R ( hitch your R knees while stepping fw )  
3 & 4            Step fw on L, Step R next to L, Step fw on L ( hitch your L knees while stepping fw )  
5 – 6            Turn ½ L step back on R, Sweep L from front to back (3:00)  
7 – 8            Step back on L, Sweep R from front to back

**[41-48] SAILOR R, SAILOR L, SHUFFLE 3/4 R**

1 & 2            Cross R behind L, Step L small step L, Step R to R side  
3 & 4            Cross L behind R, Step R small step R, Step L to L side  
5 & 6 &            Step fw on R, Step L next to R, Turn ¼ R Step R fw, Step L next to R (6:00)  
7 & 8            Turn ¼ R Step R fw, Step L next to R, Turn ¼ R step R fw (12:00)

**[49-56] 1/4 DIAMOND L, SAMBA L + R, L BALL STEP**

1 & 2            Cross L in front of R, Step 1/8 L stepping back on R, Step back on L (10:30)  
3 & 4            Step back on R, Step 1/8 L step L to L side, Step fw on R (9:00)  
5 & 6            Cross L in front of R, Rock R to R side, Recover on L  
7 & 8 &            Cross R in front of L, Rock L to L side, Recover on R, Step L next to R

**Restarts:**

Wall 1 – Dance till count 48 – Starts (12:00) – restart (12:00)  
Wall 3 – Dance till count 16 – Starts (9:00) – restart (3:00)  
Wall 4 – Dance till count 48 – Starts (3:00) – restart (3:00)  
Wall 6 – Dance till count 48 – Starts (9:00) – restart (9:00)

Ending: Wall 8 – Dance till count 44 (12:00)

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