

# Sunflowers

拍数: 40      墙数: 4      级数: Intermediate  
编舞者: Gloria Johnson (USA)  
音乐: Land of the Living - Pam Tillis



## TOE-HEEL TOUCHES AND SYNCOPATIONS

- 1-2            Touch right toe beside left instep; touch right heel beside left instep  
3-4            Touch right toe beside left instep; touch right heel beside left instep  
&5-6          Step right foot in toward center; step left foot in toward center; hold  
&7-8          Step right foot slightly to right; step left foot slightly to left; hold.

## HEEL TAPS, ¼ TURNING SHUFFLE, ½ TURNING SHUFFLE

- 9-12            Raise and lower both heels four times.  
13&14          Turning ¼ right, step right foot forward; step left together; step right foot forward  
15&16          Shuffle left, right, left while turning ½ right.

## FORWARD AND BACKWARD SCUFFS

- 17-18          Scuff right foot forward; scuff right backward across & in front of left leg  
19-20          Kick right foot forward; step right beside left  
21-22          Scuff left foot forward; scuff left backward across & in front of right leg  
23-24          Kick left foot forward; touch left toe beside right foot.

## ¼ LEFT TURNING SHUFFLE, ROCK-STEP WITH ¼ RIGHT TURN; SHUFFLE, ROCK STEP

- 25&26          Turning ¼ left, step left foot forward; step right together; step left foot forward  
27-28          Rock-step right foot forward; rock back onto left foot turning ¼ right  
29&30          Step right foot forward, step left together; step right foot forward  
31-32          Rock-step left foot forward; rock back onto right foot.

## BACKWARD "CHAIN OF EVENTS," ROCK-STEP

- 33-34          Point left toe to left side; cross-step left foot behind right  
35-36          Point right toe to right side; cross-step right foot behind left  
  
37-38          Point left toe to left side; cross-step left foot behind right  
39-40          Rock-step right foot back; rock forward onto left.

## REPEAT

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