

Flowers

拍數: 48 牆數: 4 級數: Easy Intermediate
編舞者: Judy Rodgers (USA) - January 2023
音樂: Flowers - Miley Cyrus : (Album: Endless Summer Vacation)



#8 seconds intro on the word 'Good' - 3 restarts

S1: Step, cross side rock, cross side behind, turn 1/4 L shuffle

1 Step R fwd
2&3 Cross rock L over R, rock R to right side, recover L
4-5-6 Cross R over L, step L to left side, step R behind L
7&8 Turn 1/4 left shuffle fwd L R L 9:00

S2: Cross hold, turn 1/4 R hold, turn 1/2 R shuffle, step scuff

1-2 Cross R over L, hold
3-4 Turn 1/4 right step L back, hold 12:00
5&6 Turn 1/2 right shuffle R L R 6:00
7-8 Step L fwd, scuff R

***** Restart here on Wall 7 (facing 9:00)

S3: Point point, sailor turn 1/4 R, walk walk, shuffle fwd

1-2 Point R fwd, point R to right side
3&4 Turn 1/4 right step R behind L, step L to left side, step R to right side 9:00
5-6 Walk L, R
7&8 Shuffle fwd L R L

***** Restart here on Wall 3 (facing 3:00)

S4: Rock recover, back lock back, turn 1/4 L sway sway, turn 1/4 L shuffle fwd

1-2 Rock R fwd, recover L
3&4 Step R back, lock/step L over R, step R back
5-6 Turn 1/4 left sway left, sway right 6:00
7&8 Turn 1/4 left shuffle fwd L R L 3:00

S5: Side hold, & rock recover, cross turn 1/4 R, step lock step

1-2 Step R to right side, hold
&3-4 Step L beside R, rock R to right, recover L
5-6 Cross R over L, turn 1/4 right step L back 6:00
7&8 Step R back, lock L over R, step R back

***** Restart here on Wall 6 (add & 'step L beside R'), (facing 3:00)

S6: Turn 1/4 L step touch, turn 1/4 R turn 1/4 R, sweep sailor step, mambo step

1-2 Turn 1/4 left step L to left side, touch R beside L 3:00
3-4 Turn 1/4 right step R fwd, turn 1/4 right step L to side 9:00
5&6 Sweep R behind L, step L to left side, step R to right side
7&8 Rock L fwd, recover R, step L beside R

NOTE: End of Walls 1, 4 and 7: There is a slight pause in music....just keep dancing, it picks back up

Ending: Dance ends facing 3:00...to end facing 12:00 add '&1' cnt: step R back, turn 1/4 L to face front!