

Flowers EZ

拍數: 52 牆數: 2 級數: High Beginner
編舞者: Judy Rodgers (USA) - January 2023
音樂: Flowers - Miley Cyrus



#8 seconds Intro on word 'Good' - 1 restart

S1: Step, turn 1/4 L, cross, hold, L toe strut, cross R toe strut

1-2 Step R fwd, turn 1/4 L step L to left side 9:00
3-4 Cross R over L, hold
5-6 Touch L toe to left side, step down L
7-8 Cross R toe over L, step down R

S2: Step/dip L & R with touch, rock recover, shuffle turn 1/4 L

1-2 Step/dip L to left side, touch R to right diagonal
3-4 Step/dip R to right side , touch L to left diagonal
5-6 Rock L fwd, recover R
7&8 Turn 1/4 left shuffle fwd L R L 6:00

***** Restart here on Wall 3

S3: Rumba box hold, rocking chair

1-4 Step R to right side, step L beside R, step R fwd, hold
5-8 Rock L fwd, recover R, rock L back, recover R

S4: Step tap, back kick, rock back, step turn 1/4 R

1-2 Step L fwd, tap R toe beside L
3-4 Step R back, kick L fwd
5-6 Rock L back, recover R
7-8 Step L fwd, turn 1/4 right step R fwd 9:00

S5: Out out in in, jazz box

1-2 Step L fwd to left diag, step R fwd to right diag
3-4 Step L back to center, step R beside L
5-8 Cross L over R, step R back, step L to left side, step R fwd

S6: Step touch step touch, sway, sway, sway, hold

1-2 Step L fwd to left diagonal, touch R beside L
3-4 Step R fwd to right diagonal, touch L beside R
5-8 Step/sway L, sway R, sway L, hold

S7: Cross, turn 1/4 L bounce bounce bounce

1-4 Cross R over L, turn 1/4 left as you bounce heels 3 times, weight to L 6:00

Ending: Wall 8 ends after 40 counts facing 3:00 turn left to face front!

Last Update: 22 Jan 2023