

# Flowers

拍數: 56      牆數: 4      級數: High Intermediate  
編舞者: Tina S. Rasmussen (NOR) - February 2023  
音樂: 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  $\frac{1}{4}$  ( 9:00)  
8 & 1      Step left  $\frac{1}{4}$  turn left(6:00) step right turn left  $\frac{1}{4}$  (3:00) step left turn left  $\frac{1}{2}$  ( 9:00)

**Hold, step side, cross rock side X2, coaster step  $\frac{1}{4}$**

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  $\frac{1}{4}$  turning right (12:00) step left next to right step forward on right

**Step  $\frac{1}{2}$  turn, lockstep  $\frac{1}{2}$  turn, shuffle  $\frac{1}{2}$  turn, side rock recover.**

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

**Behind side cross, rock recover, behind side  $\frac{1}{4}$  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  $\frac{1}{4}$  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  $\frac{1}{2}$  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  $\frac{1}{2}$  turn over right step forward on right (12:00)

**$\frac{1}{4}$  step side, cross shuffle, side rock recover, behind side cross.**

2, 3      Step left to left side  $\frac{1}{4}$  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

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