

Flowers

拍數: 48 牆數: 4 級數: Improver
編舞者: JGGDC (USA) - February 2023
音樂: Flowers - Miley Cyrus



The dance starts with the "We" 4 count Intro
Start with weight on your left

S1: Walk forward, Walk forward, Shuffle Forward , Rock Forward, Recover Back, Shuffle Back

1-2 Forward Walk Right, Forward Walk Left
3&4 Shuffle Forward Right Left Right
5-6 Rock Forward Left, Recover Right
7&8 Shuffle Back Left Right Left

S2: Rock Back, Recover, Shuffle Forward, Step Forward, ¼ Turn Right, Cross Shuffle, Cross Shuffle

1-2 Rock Back Right, Recover Left
3&4 Shuffle Forward Right Left Right
5-6 Step Left, Quarter Turn Right (Over Right Shoulder to 3:00)
7&8 Cross Left over Right Step Right Cross Left Over Right

S3 Side Rock, Recover, Behind Side Cross, Side Rock, Recover, Quarter Sailor Step

1-2 Rock Right to Right Side, Recover Left
3&4 Right behind Left, Step Left to Left Side, Right Cross in Front of Left
5-6 Rock Left to Left Side, Recover Right
7&8 Step Left Behind Right, Turn (Over Left Shoulder to 12:00) Stepping Left Forward

S4 Step Forward, Point, Step Forward, Point, Walk, Walk, Toe Touch, Shorty George

1-2 Right Step, Point Left
3-4 Step Left, Point Right
5-6 Walk Back Right, Walk Back Left
7-8 Right Toe Touch, Quarter Turn Right Toe Pivot While Rolling Right Hip (Shorty George)(Facing 3:00)

S5 Hip Bump x4, Hip Sway x4

1-2 Right Hip Bump, Right Hip Bump
3-4 Left Hip Bump, Left Hip Bump
5-6 Sway Hips Right, Sway Hips Left
7-8 Sway Hips Right, Sway Hips Left

S6 Kick Forward, Point Left, Kick Forward, Point Right, Cross, Full Turn Unwind, Rocking Chair

1-2 Kick Right Forward, Point Left to Left Side
3-4 Kick Left Forward, Point Right to Right Side
5-6 Cross Right over Left, Full Turn over Left Shoulder
7-8 Right Rock Forward, Right Rock Back

**** On Wall 6 (3:00 wall) after 24 Counts There is a Restart**** (Before Third Chorus of Song)