

Flowers

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Emma Skov Støttrup Mainz (DK) - February 2023
音樂: Flowers - Miley Cyrus



Intro: Start on the word "good" (app. 8 Seconds)

[1-8] WALK R + L, SHUFFLE FW, ROLLING HIP BUMP, SWAY R + L

1 – 2 Step fw on R, Step fw on L
3 & 4 Step fw on R, Step L next to R, Step R fw
5 – 6 Step L to L side while rolling hip from R to L Clock wise – weight ends on L
7 - 8 Sway R, Sway L – weight on L

[9-17] ROCK FW, BACK SWEEP X2, SAILOR 1/2 R, POINT L + R

1 – 2 Rock R fw, Recover on L
3 – 4 Step back on R while sweeping L from front to back, Step back on L while sweeping R from front to back
5 & 6 Turn ¼ R step back on R, Turn ¼ R step small step back on L, Cross R in front of L (6:00)
7 & 8 Point L to L side, Step L next to R, Point R to R side

[18-24] JAZZ BOX, TOE STRUT R + L

1 – 4 Cross R in front of L, Step back on L, Step R to R side, Step L fw
5 & 6 Point R toe fw while bumping R hip up, bump R hip down, Step down on R foot
7 & 8 Point L toe fw while bumping L hip up, bump L hip down, Step down on L foot

[25-32] JAZZ BOX 1/4 R, OUT-OUT-IN-IN X2

1 – 4 Cross R in front of L, Turn ¼ R step back on L, Step R to R side, Step L fw (9:00)
& 5 & 6 Step R out to R diagonal, Step L out to L diagonal, Step R back to center, Step L next to R
& 7 & 8 Repeat sec. &5&6 (easy version – count 29-32 V-Step on whole counts)

[33-40] SHUFFLE R + L FW, STEP 1/2 BACK, SWEEP L, STEP L BACK, SWEEP R

1 & 2 Step fw on R, Step L next to R, Step fw on R (hitch your R knees while stepping fw)
3 & 4 Step fw on L, Step R next to L, Step fw on L (hitch your L knees while stepping fw)
5 – 6 Turn ½ L step back on R, Sweep L from front to back (3:00)
7 – 8 Step back on L, Sweep R from front to back

[41-48] SAILOR R, SAILOR L, SHUFFLE 3/4 R

1 & 2 Cross R behind L, Step L small step L, Step R to R side
3 & 4 Cross L behind R, Step R small step R, Step L to L side
5 & 6 & Step fw on R, Step L next to R, Turn ¼ R Step R fw, Step L next to R (6:00)
7 & 8 Turn ¼ R Step R fw, Step L next to R, Turn ¼ R step R fw (12:00)

[49-56] 1/4 DIAMOND L, SAMBA L + R, L BALL STEP

1 & 2 Cross L in front of R, Step 1/8 L stepping back on R, Step back on L (10:30)
3 & 4 Step back on R, Step 1/8 L step L to L side, Step fw on R (9:00)
5 & 6 Cross L in front of R, Rock R to R side, Recover on L
7 & 8 & Cross R in front of L, Rock L to L side, Recover on R, Step L next to R

Restarts:

Wall 1 – Dance till count 48 – Starts (12:00) – restart (12:00)

Wall 3 – Dance till count 16 – Starts (9:00) – restart (3:00)

Wall 4 – Dance till count 48 – Starts (3:00) – restart (3:00)

Wall 6 – Dance till count 48 – Starts (9:00) – restart (9:00)

Ending: Wall 8 – Dance till count 44 (12:00)

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