

My Flowers

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Carolyn Greenhough (AUS) - April 2023
音樂: Flowers - Miley Cyrus



4 restarts

Intro: Slow 4 counts from start of music

[1-8] RIGHT RUMBA SHUFFLE FORWARD, LEFT RUMBA SHUFFLE BACK

1,2,3&4 Step R to R, step L next to R, shuffle fwd RLR
5,6,7&8 Step L to L, step R next to Left, shuffle back LRL (12.00)

[9-16] ROCK STEP BACK ON RIGHT, REPLACE WEIGHT ONTO LEFT, PIVOT ½ LEFT, JAZZ BOX, CROSS LEFT

1,2,3,4 Rock/step back onto R, recover weight onto L, Stepping fwd onto R turn ½ Left(pivot) weight on Left
5,6,7,8 Cross R over L, step back onto L, step R to R, cross step Left over Right (6.00)

[17-24] BIG STEP RIGHT DRAGGING L TO R, ROCK BACK ONTO L REPLACE WEIGHT ONTO R, BIG STEP L DRAGGING R TO L, ROCK BACK ONTO R REPLACE WEIGHT ONTO L

1,2,3,4 Take a large step to Right, dragging Left into R, rock/step back onto to L recover onto R
5,6,7,8 Take a large sstep to Left, dragging Right to Left, rock/step back onto R, recover onto L (6.00)

[25-32] K-STEPS

1,2,3,4 Step R fwd to R diagonal, tap L next to Right, step back to L diagonal, tap R next to L
5,6,7,8 step R back to R diagonal, tap L next to Right, step Left fwd to L diagonal, tap R next to L (6.00)

Restart 1, Wall 2, after 16 counts –facing 12.00

Restart 2, Wall 5 after 8 counts – facing 12.00

Restart 3, Wall 7 after 16 counts – facing 12.00

Restart 4, Wall 11 after 8 counts - facing 6.00

REPEAT

And ENJOY