

Ez Flowers

拍數: 52 牆數: 2 級數: Upper Beginner
編舞者: Verity Mills (AUS)
音樂: Flowers - Miley Cyrus



Intro: Start on the word good
RESTART ON 3RD WALL 16 COUNTS 12 OCLOCK

ROCK FORWARD AND BACK WITH HOLDS

1,2,3,4 Step fwd on Left, recover on Right, Step back on Left, HOLD
5,6,7,8 Step Back on Right, recover on Left, Step forward on Right, HOLD

ROCKS ACROSS LEFT, AND RIGHT WITH SIDE SHUFFLES

1,2,3,4 Rock step L across right recover back on right, shuffle to left LRL
5,6,7,8 Rock step R across left, recover back on left, shuffle to right side RLR

RESTART HERE 3RD WALL FACING 12

DIAG ROCKING CHAIR WITH HIPS MOVEMENTS, WALK L,R, SAMBA STEP

1,2,3,4 Rock left foot slightly diag fwd, recover on to right, rock left diag back, recover onto right foot
5,6 Walk forward left, walk forward right
7 +8 Step ball of left to left side, recover to right, cross left over right

DIAG ROCKING CHAIR WITH HIP MOVEMENTS, WALK R,L, SAMBA STEP

1,2,3,4 Rock right foot slightly diag fwd, recover on to left, rock right diag back, recover on to left
5,6 Walk forward right, walk forward left
7 +8 Step ball of right-to-right side, recover to left, cross right over left

K STEP

1,2 Step diagonally forward on left, touch right next to left
3,4 Step diagonally back right, touch left next right,
5,6 Step diagonally back left, touch right next left
7,8 Step diagonally forward on right, touch left next to right

DIAGONAL HIPS FORWARD AND BACK LRLR

1,2 Push left hip diagonally fwd, recover pushing hip back on right
3,4 Push left hip diagonally fwd, recover pushing hip back on right, weight on right
5,6 Turn ¼ left step left foot to left side and touch right next left, (now facing 9)
7,8 Turn ¼ left and step right foot to right side and touch left foot next to right (now facing 6)

4 HIPS PLUS OPTIONAL VARIATION

1,2 Push left hip left side, push right hip to right side
3,4 Push left hip left side, push right hip to right side

(OPTIONAL LAST 4 COUNTS)

1,2 Push left to left side, hold (2)
3 +4 Push right hip to right side, (3) recover left (+) push right hip to right side (4)

Finish DANCE UP TO 40 COUNTS (K STEP) STOMP L foot FWD HANDS OUT "DA DA"

HAVE FUN

