

Flowers

拍數: 120 牆數: 1 級數: Phrased Intermediate
編舞者: Jasmine Wang (MY), Christine Chiam (MY) & Jen Lim (MY) - April 2023
音樂: Flowers - Miley Cyrus



Sequence: A, B, C, A, B, C, C, A- (16 cts), Tag, B, B*, C, C
Intro: Dance starts with Right foot on lyric "Good"

Part A (52 counts)

Section 1 Ball Step, Walk Walk, Point Toe Out (X2)

& 1, 2, 3, 4 Ball on R, step L forward, step R forward, point L toe to side, hold
& 5, 6, 7, 8 Ball on L, step R forward, step L forward, point R toe to side, hold

Section 2 Rocking Chair, Jazz Box 1/4 Right Turn

1, 2, 3, 4 Step R forward, recover on L, step R back, recover on L
5, 6, 7, 8 Cross R over L, recover on L, step R to side turning 1/4 right (3 o'clock), cross L over R

Section 3 Reverse Shuffle, Forward Shuffle, Rock Recover, Coaster Step

1 & 2 Step R back turning 1/4 left (12 o'clock), bring L close to R, step R back
3 & 4 Step L forward turning 1/2 left (6 o'clock), bring R close to L, step L forward
5, 6 Rock R forward, recover on L
7 & 8 Step R back, step L together with R, step R forward

Section 4 Step and Touch (X4)

1, 2 Step L forward diagonally, touch R toe next to L
3, 4 Step R back diagonally, touch L toe next to R
5, 6 Step L to side turning 1/4 left (3 o'clock), touch R toe next to L
7, 8 Step R to side, touch L toe next to R

Section 5 Step Lock, Step Lock Step, Rock Recover, Coaster Step

1, 2, 3 & 4 Step L forward, lock R behind L, step L forward, lock R behind L, step L forward
5, 6, 7 & 8 Rock R forward, recover on L, step R back, step L together with R, step R forward

Section 6 Kick And Point, Sailor 1/2 Turn Right, Forward Shuffle, Unwind Turn

1 & 2 Kick L forward and step, point R toe to side
3 & 4 Step R behind L, step L beside turning 1/4 right, step R forward turning 1/4 right (9 o'clock)
5 & 6 Step L forward, bring R close to L, step L forward
7, 8 Cross R over L unwind 3/4 left (12 o'clock) weight on L

Section 7 Out Out In In (**)

1, 2, 3, 4 Step R out, step L out, step R in, step L in

A- Dance Sections 1 and 2 - 16 counts (end with Jazz Box at 12 o'clock)
Tag Follow steps in Part A Section 7 (**)

Part B (52 counts)

Section 1 Kick And Point (X2), Rocking Chair

1 & 2, 3 & 4 Kick R forward and step, point L toe to side, kick L forward and step, point R toe to side
5, 6, 7, 8 Step R forward, recover on L, step R back, recover on L

Section 2 Step And Touch Back (X2), Rolling Vine

1, 2 Step R to right, cross and touch L toe behind R
3, 4 Step L to left, cross and touch R toe behind L

5, 6, 7, 8 Step R turning 1/4 right, step L turning 1/2 right, step R turning 1/4 right, touch L toe beside R

Section 3 Step And Touch Back (X2), Rolling Vine

1, 2 Step L to left, cross and touch R toe behind L

3, 4 Step R to right, cross and touch L toe behind R

5, 6, 7, 8 Step L turning 1/4 left, step R turning 1/2 left, step L turning 1/4 left, touch R toe beside L

Section 4 Hips Bumps (X2), Pivot Half Turn, Full Rolling Turn

1 & 2 Touch R forward bumping hips right, return hips to center, step R forward bumping hips right

3 & 4 Touch L forward bumping hips left, return hips to center, step L forward bumping hips left

5, 6 Step R forward, turn half to the left (6 o'clock) transferring weight to L

7, 8 Step R turning half left, step L turning half left

Section 5 Forward Shuffle (X2), Pivot Half Turn With Kick, Coaster Step

1 & 2 Step R diagonally forward, bring L close behind R, step R diagonally forward

3 & 4 Step L diagonally forward, bring R close behind L, step L diagonally forward

5, 6 Step R forward (square to 6 o'clock), weight still on R, turn 1/2 to the left (12 o'clock) and kick L out

7 & 8 Step L back, step R together with L, step L forward

Section 6 Step Touch With Hips Roll (X2), Forward Shuffle (X2)

1, 2 Step R to side rolling hips counter clockwise, touch L toe to left

3, 4 Step L to side rolling hips clockwise, touch R toe to right

5 & 6 Step R diagonally forward, bring L close behind R, step R diagonally forward

7 & 8 Step L diagonally forward, bring R close behind L, step L diagonally forward

Section 7 Rocking Chair

1, 2, 3, 4 Step R forward, recover on L (square back to 12 o'clock), step R back, recover on L

B* Repeat Section 6 count 5 to 8, and Section 7

Part C (16 counts)

Section 1 Skate (X2), Forward Shuffle (X2)

1, 2, 3 & 4 Skate R diagonally (1.30), skate L diagonally (10.30), step R diagonally (1.30), step L close behind R, step R forward diagonally

5, 6, 7 & 8 Skate L diagonally (10.30), skate R diagonally (1.30), step L diagonally (10.30), step R close behind L, step L forward diagonally

Section 2 Cross Samba (X2), Pivot Half (X2)

1 & 2 Cross R over L, step L to left, step R on right,

3 & 4 Cross L over R, step R to right, step L on left

5, 6 Step R forward (12 o'clock), step L turning 1/2 left (6 o'clock)

7, 8 Step R forward (6 o'clock), step L turning 1/2 left (12 o'clock)

THANK YOU!
