

Thursday's Flowers

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Jan Martin (AUS) - June 2023
音樂: Flowers - Miley Cyrus



Starts on vocals.....*(3) Easy Restarts...see notes below*

(1-8) R Cross Rock, Recover, Side Shuffle. L Cross Rock, Recover, Side Shuffle.

1-2 Weight on L Cross Rock R over L, (1) Recover weight on L. (2)
3&4 Step R to R side; (3) place L beside R, (&) step R to R side. (4)
5-6 Weight on R Cross Rock L over R, (5) Recover weight on R. (6)
7&8 Step L to L side; (7) place R beside L, (&) Step L to L side.(8) *Restart 3 here...see notes*

(9-16) Step point, Cross Point, Jazz box ¼ Turning Right

1-2 Step R fwd, (1) Point L to L Side. (2)
3-4 Cross L over R slightly fwd, (3) point R to R Side. (4)
5-6 Cross R over L, (5) Step L back. (6)
7-8 Turn ¼ R, stepping on R (7) Step L beside R. (8)

(17-24) Right Kick Ball Change x 2, Side Taps Right and Left

1&2 Kick R foot fwd. (1) step down on ball of R foot, (&) step on L foot. (2) *Restart 1 here...see notes*
3&4 Kick R foot fwd. (3) step down on ball of R foot, (&) step on L foot. (4)
5-6 Step R to the R side, (5) tap L next to R. (6)
7-8 Step L to the L side, (7) tap R next to L. (8) *Restart 2 here...see notes*

(25-32) Rocking Chair, ½ Pivot Turns Left X 2

1-2 Rock forward on the R, (1) recover weight back on the L. (2)
3-4 Rock back on the R, (3) recover weight back on the L. (4)
5-6 Step R forward, Pivot ½ turn left, (5) weight is transferred to L. (6)
7-8 Step R forward, Pivot ½ turn left, (7) weight is transferred to L. (8)
Non - turning option (Steps 5-8)Repeat Rocking chair.

Start Dance again

Notes

RESTART 1: Sequence 2, starts facing 3:00, Dance up to count 18, restart facing 6:00.

RESTART 2: Sequence 6, starts facing 3:00. Dance up to count 24, restart facing 6:00.

RESTART 3: Sequence 10, starts facing 3:00. Dance up to count 8, restart still facing 3:00.

Dance ends sequence 13 facing 12:00

Hope you have fun and enjoy the Dance ☐ Thank you Duska for music idea