

# My Heart Is a Flower

拍數: 32                      牆數: 4                      級數: Intermediate WCS  
編舞者: Hanna Pitkanen (FIN) & Roy Verdonk (NL) - September 2023  
音樂: Flower - Amos Lee  
或: Rude Boy - Rihanna



Start the dance with the lyrics after 16 count intro.

Restart on wall 4 after 16 counts, facing the back wall, when danced to "Flower" by Amos Lee.

**[1-8]: Walks forward R L, out, out, ball, cross, walk around full circle with sweep, behind, side, cross**

1,2                      Step RF forward (1), step LF forward (2)  
&3                      Step RF out to diagonal right (&), step LF to side (3)  
&4                      Step RF back to center (&), cross LF over RF (4)  
5                        ½ turn right stepping RF forward (5)  
6                        ½ turn right stepping LF back as you sweep RF from front to back (6) (12.00)  
7&8                    Cross RF behind LF (7), step FL to side (&), cross RF over LF (8)

**[9-16]: Side, touch, side, weave right, ¼ turn, ½ turn, back, coaster step**

1&2                    Step LF to side (1), touch RF next to LF (&), step RF to side (2)  
3&4&                  Step LF behind RF (3), step RF to side (&), cross LF over RF (4), ¼ turn right stepping RF forward (&) (3.00)  
5,6                    ½ turn right stepping LF back (5), step back RF (6) (9.00)  
7&8                    Step back LF (7), step RF next to LF (&), step LF forward (8)

**\*Restart here on wall 4 facing 6 (when danced to Flower)**

**[17-24] Step, diagonal heel bounces with hips L R, sailor ¼ turn, samba cross**

&1                    Step RF forward (&), step LF out to diagonal left bumping hips to left (1)  
&2                    Recover weight back to center as you lift L heel (&), step down on LF (2)  
3                        Step RF out to diagonal right bumping hips to right (3)  
&4                    Recover weight back to center as you lift R heel (&), step down on RF (4)  
5&6                    ¼ turn left as you cross LF behind RF (5), step RF next to LF (&), step LF out to diagonal forward (6) (6.00)  
7&8                    Step RF forward and across LF (7), rock LF to side (&), recover weight to LF (8)

**[25-32] Cross, ¼ turn, sweeps back x2, behind, side, cross, side rock, cross, sweep, syncopated jazzbox**

&1                    Cross LF over RF (&), ¼ turn left recovering weight to RF as you sweep LF from front to back (1) (9.00)  
2                        Step back LF as you sweep RF from front to back (2)  
3&4                    Cross RF behind LF (3), step LF to side (&), cross RF over LF (4)  
5&6                    Rock LF to side (5), recover weight to RF (&), cross LF over RF as you sweep RF from back to front (6)  
7&8&                  Cross RF over LF (7), step back LF (&), step RF to side (8), step LF forward (&)

Start again

Have fun dancing!

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Last Update: 25 Nov 2023