

Hearts And Flowers

拍數: 32 牆數: 4 級數: Beginner
編舞者: Adrian Churm (UK)
音樂: Hearts And Flowers - Dave Sheriff



HEEL DIGS, COASTER STEP, HEEL DIGS, COASTER STEP.

1-2 Touch right heel forward twice
3&4 Step back right, step left beside right, step right forward
5-6 Touch left heel forward twice
7&8 Step back left. Step right beside left, step forward left.

RIGHT SHUFFLE, LEFT SHUFFLE, CROSS ROCK & SHUFFLE ½ TURN RIGHT

9&10 Step forward right, close left beside right, step forward right.
11&12 Step forward left, close right beside left, step forward left
13-14 Cross rock right over left, rock back onto left

Steps 15 - 18 travel towards back wall

15-16 Shuffle step ½ turn right, stepping - right, left, right.

LEFT SHUFFLE ½ TURN RIGHT, COASTER STEP, CHARLESTON STEPS.

17&18 Shuffle ½ turn right stepping - left, right, left.
19&20 Step back on right, step left beside right, step forward right.
21-22 Step forward left. Touch right toe forward.
23-24 Step right toe back, touch left toe back.

CHARLESTON STEPS, HEEL TOE TOUCHES, ¼ TURN LEFT

25-26 Step forward left, swing right foot forward, touching right toe forward
27-28 Step right toe back, touch left toe back.
29-30 Touch left heel forward, touch left toe back
31 Left foot step ¼ turn to the left
32 Right foot touch next to left foot

REPEAT
