

# Hearts And Flowers

**COPPER KNOB**  
STEPSHEETS

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**

---