Counting Flowers



拍數: 0 牆數: 1 級數: Intermediate

編舞者: Steve West (USA)

音樂: Flowers On The Wall - Eric Heatherly



Sequence: A A B C

Dance starts with the lyric's ("I keep...")

PART A

TOE TOUCHES, COASTER SHUFFLES

Touch right toe front and then to the side
Step back right, left then forward right
Touch left toe front and then to the side
Step back left, right then forward left

9-16 Repeat 1-8

WALK FORWARD AND BACK (WITH ATTITUDE)

17-20 Walk forward right, left, right, left21-24 Walk back right, left, right, left

JAZZ BOX, FORWARD LEFT

25-28 Cross right over left, step back left, step back right and forward step left

FORWARD RIGHT, JAZZ BOX

29-32 Step forward right, cross left over right, step back right, step back left

CROSS ROCKS MOVING FORWARD

33&3 4	Cross rock right over left, fast rock back on left, fast rock forward on right
35&36	Cross rock left over right, fast rock back on right, fast rock forward on left
37&38	Cross rock right over left, fast rock back on left, fast rock forward on right
39&40	Cross rock left over right, fast rock back on right, fast rock forward on left
41-42	In cross leg position unwind ½ to the right, hold
43&44	Cross rock left over right, fast rock back on right, fast rock forward on left
45&46	Cross rock right over left, fast rock back on left, fast rock forward on right
47&48	Cross rock left over right, fast rock back on right, fast rock forward on left
49&50	Cross rock right over left, fast rock back on left, fast rock forward on right
51-52	In cross leg position unwind ½ to the left, hold

CROSS SHUFFLES, SIDE ROCKS

53-54	Rock left to the left side, rock back on right in place
55&56	Cross shuffle over right with a left, right, left
57-58	Rock right to the right side, rock back on left in place
59&60	Cross shuffle over left with a right, left, right

ROCK STEPS, CROSS, UNWINDS, HOLDS

61-62	Rock left to the left side, rock back on right in place
63-64	Cross left over right, unwind 1/2 to the right hold
65-66	Rock right to the right side, rock back on left in place
67-68	Cross right over left, unwind ½ to the left hold

PART B

Musical intro in the song use these steps

TOE TOUCHES, COASTER SHUFFLES

1-2 Touch right toe front then to the side

3&4 Step back right, step back left, step forward right

5-6 Touch left toe front then to the side

7&8 Step back left, step back right, step forward left

9-16 Repeat counts 1-8

WALK FORWARD AND BACK

Walk forward right, left, right, left 17-20 21-24 Walk back right, left, right, left

JAZZ BOX, FORWARD LEFT

25-28 Cross right over left, step back left, step back right, step forward left

FORWARD RIGHT, JAZZ BOX

29-32 Step forward right, cross left over right, step back right, step back left

CROSS ROCKS MOVING FORWARD

33&34	Cross rock right over left, fast rock back on left, fast rock forward on right
35&36	Cross rock left over right, fast rock back on right, fast rock forward on left
37&38	Cross rock right over left, fast rock back on left, fast rock forward on right
39&40	Cross rock left over right, fast rock back on right, fast rock forward on left

There is a slight pause in the song, so pause with it

Start Part C when music starts again

PART C

TOE TOUCHES. COASTER SHUFFLES

1-2 Touch right toe front then to the side

3&4 Step back right, step back left, step forward right

5-6 Touch left toe front then to the side

7&8 Step back left, step back right, step forward left

9-16 Repeat counts 1-8

WALK FORWARD AND BACK

17-20 Walk forward right, left, right, left 21-24 Walk back right, left, right, left

JAZZ BOX, FORWARD LEFT

25-28 Cross right over left, step back left, step back right then step forward left

FORWARD RIGHT, JAZZ BOX

29-32 Step forward right, cross left over right, step back right then step back left

CROSS ROCKS MOVING FORWARD

33&34	Cross rock right over left, fast rock back on left, fast rock forward on right
35&36	Cross rock left over right, fast rock back on right, fast rock forward on left
37&38	Cross rock right over left, fast rock back on left. Fast rock forward on right
39&40	Cross rock left over right, fast rock back on right, fast rock forward on left
41-42	In cross leg position unwind ½ to the right, hold
43&44	Cross rock left over right, fast rock back on right, fast rock forward on left
45&46	Cross rock right over left, fast rock back on left, fast rock forward on right
47&48	Cross rock left over right, fast rock back on right, fast rock forward on left
49&50	Cross rock right over left, fast rock back on left, fast rock forward on right
51-52	In cross leg position unwind ½ to the left, hold

CROSS SHUFFLES AND SIDE ROCKS

53-54	Rock left to the left side, rock back on right in place
55&56	Cross shuffle over right with a left, right, left
57-58	Rock right to the right side, rock back on left in place
59&60	Cross shuffle over left with a right, left, right

ROCK STEPS, CROSS, UNWINDS, HOLDS

61-62	Rock left to the left side, rock back on right in place
63-64	Cross left over right, unwind 1/2 to the right, hold
65-66	Rock right to the right side, rock back on left in place
67-68	Cross right over left, unwind ½ to the left, hold

ROCK STEPS, CROSS, HOLDS

69-71	Rock step on right to the right side, rock back on left in place, cross right over left
72	Hold
73-75	Rock step on left to the left side, rock back on right in place, cross left over right
76	Hold
77-79	Rock step on right to the right side, rock back on left in place, cross right over left
80	Hold
81-83	Rock step on left to the left side, rock back on right in place, cross left over right
84	Hold

SIDE STEPS AND HOLDS

85&86	Step right to right side, step back left, step right in front of left
87&88	Step left to left side, step back right, step left in front of right
89&90	Step right to right side, step back left, step right in front of left
91&92	Step left to left side, step back right, step left in front of right
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Finish this dance off with drums beating and cross rocks moving forward CROSS ROCKS MOVING FORWARD

93&94	Cross rock right over left, fast rock back on left, fast rock forward on right
95&96	Cross rock left over right, fast rock back on right, fast rock forward on left
97&98	Cross rock right over left, fast rock back on left, fast rock forward on right
99&100	Cross rock left over right, fast rock back on right, fast rock forward on left

As musical drums still playing just keep on cross rocking moving forward