

Flower For Me

拍數: 64 牆數: 4 級數: Improver
編舞者: Zainurazrein Zainal Abidin - March 2011
音樂: You Are A Flower For Me (妳是我的花朵) - Wu Bai (伍佰) & China Blue



For my friend Alice, who suggested the song. Happy dancing!

NOTE: Place both hands on hips for the entire dance and end with both arms in the air!

24 count intro – start count from first guitar beat

(8) Cross and hold, step and cross, step forward and hold, step and turn L

1 – 2 Cross R across L, hold
3 – 4 Step L to L, cross R over L
5 – 6 Step L forward, hold
7 – 8 Step R forward, ¼ turn step L to L (facing 9:00)

(16) Cross and hold, rhumba forward, step forward and half pivot to the L

1 – 2 Cross R over L, hold
3 – 4 Step L to L, step R next to L
5 – 6 Step L forward, hold
7 – 8 Step R forward, ½ Pivot L forward place weight on L (facing 3:00)

(24) Cross and hold, weave to the left and back to right

1 – 2 Cross R over L, hold
3 – 4 Step L to L, cross R behind L
5 – 6 Step L to L, recover R
7 – 8 Cross L behind R, step R to R

(32) Forward lock step, two steps forward, turn and cross to the right, step right

1 – 2 Step L forward, lock R behind L
3 – 4 Step L forward, step R forward
5 – 6 Step L forward, turn ¼ R recover R to R (facing 6:00)
7 – 8 Cross L across R, step R to R

(40) Cross behind and hold, step and point, rocking chair forwards and back

1 – 2 Cross L behind R place weight on L, hold (facing 6:00)
3 – 4 Step R forward, point L to L
5 – 6 Step L forward, recover on R
7 – 8 Step L back, recover on R

(48) Step forward and turn right, cross and point, rocking chair forwards and back

1 – 2 Step L forward, turn ¼ R step R to R (facing 9:00)
3 – 4 Cross L over R, point R to R
5 – 6 Step R forward, recover on L
7 – 8 Step R back, recover on L

(56) Step forward and turn left, make a full turn to the left, weave to the left

1 – 2 Step R forward, turn ¼ L step L to L (facing 6:00)
3 – 4 Turn ½ L step R to R (facing 12:00), turn ½ L step L to L (facing 6:00)
5 – 6 Cross R over L, step L to L
7 – 8 Cross R behind L, step L to L

(64) Weave to the right and turn, step and touch twice

- 1 – 2 Recover on R, cross L behind R
- 3 – 4 Turn $\frac{1}{4}$ R step R forward, Step L forward (facing 9:00)
- 5 – 6 Step R to R, touch L next to R
- 7 – 8 Step L to L, touch R next to L

Dance from beginning and continue until song finishes. Tags on Walls 3 and 6.

Remember to dance with a smile and a happy bouncy feeling. End with both arms in the air!

TAG (WALL 3)

- 1 – 2 Turn $\frac{1}{4}$ R step R to R and open right forearm with palms up and elbow at waist height, touch L next to R (facing 9:00)
- 3 – 4 Step L to L and open left forearm with palms up and elbow at waist, touch R next to L
- 5 – 6 Turn $\frac{1}{4}$ L step R to R and place right palm on right hip, touch L next to R (facing 6:00)
- 7 – 8 Step L to L and place left palm on left hip, touch R next to L

TAG (WALL 6)

- 1 – 2 Turn $\frac{1}{4}$ R step R to R and open right forearm with palms up and elbow at waist height, touch L next to R (facing 3:00)
 - 3 – 4 Step L to L and open left forearm with palms up and elbow at waist, touch R next to L
 - 5 – 6 Turn $\frac{1}{4}$ L step R to R and place right palm on right hip, touch L next to R (facing 12:00)
 - 7 – 8 Step L to L and place left palm on left hip, touch R next to L
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