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| Hearts And Flowers |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Adrian Churm (UK) |
| **Music:** | Hearts And Flowers - Dave Sheriff |
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**HEEL DIGS, COASTER STEP, HEEL DIGS, COASTER STEP.**

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| 1-2 | Touch right heel forward twice |

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

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| 5-6 | Touch left heel forward twice |

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| 7&8 | Step back left. Step right beside left, step forward left. |

**RIGHT SHUFFLE, LEFT SHUFFLE, CROSS ROCK &AMP; SHUFFLE ½ TURN RIGHT**

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| 9&10 | Step forward right, close left beside right, step forward right. |

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| 11&12 | Step forward left, close right beside left, step forward left |

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| 13-14 | Cross rock right over left, rock back onto left |

**Steps 15 - 18 travel towards back wall**

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

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

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| 17&18 | Shuffle ½ turn right stepping - left, right, left. |

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| 19&20 | Step back on right, step left beside right, step forward right. |

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| 21-22 | Step forward left. Touch right toe forward. |

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| 23-24 | Step right toe back, touch left toe back. |

**CHARLESTON STEPS, HEEL TOE TOUCHES, ¼ TURN LEFT**

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| 25-26 | Step forward left, swing right foot forward, touching right toe forward |

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| 27-28 | Step right toe back, touch left toe back. |

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| 29-30 | Touch left heel forward, touch left toe back |

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| 31 | Left foot step ¼ turn to the left |

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| 32 | Right foot touch next to left foot |

**REPEAT**