Flores Del Sol (Sunflower)

Count: 32   **Wall:** 4   **Level:** Beginner

Choreographer: Ivan Rundgren (SWE) - 30 July 2025

Music: Contigo - Flores Del Sol

Intro: 16 C, 1 Restart during "Wall 1", dance 16 C then restart, still facing (12:00)

SEC. 1 WALK R L, OUT, OUT, WALK BACK R L, OUT, OUT

1 – 2 &	Walk fwd R (1) walk fwd L (2) step R diagonal fwd R (&)
3 – 4	Step L diagonal fwd L and sway L hip to L side (3) sway R hip to R side (4) weight ends on RF
5 – 6 &	Walk back L (5) walk back R (6) step L diagonal back (&)
7 – 8	Step R diagonal back and sway R hip to R side (7) sway L hip to L side (8) weight ends on LF

SEC. 2 SIDE, TOGETHER, SIDE, HEEL DROP X2, R AND L

1 – 2 &	Step R to R side (1) step L beside R (2) step R to R side (&)
3 – 4	Drop L heel fwd diagonal (3) drop L heel fwd diagonal (4)
5 – 6 &	Step L to L side (5) step R beside L (6)
7 – 8	Drop R heel fwd diagonal (7) drop R heel fwd diagonal (8) weight ends on LF

** Restart here during wall 1 facing front wall **

SEC. 3 BACK MAMBO, FWD MAMBO, BACK ROCK, STEP, 1/4 TURN L

1 & 2	Step back on R (1) recover to L (&) step fwd R (2)
3 & 4	Step fwd L (3) recover to R (&) step back on L (4)
5 – 6	Step back on R (5) recover to L (6)
7 – 8	Step fwd R (7) 1/4 turn L (8) weight ends on LF

SEC. 4 PADDLE 1/4 TURN L X2, WALK R L, FWD ROCK, SIDE ROCK, BACK ROCK, TOUCH

1 – 2	1/4 turn L and point R to R side (1) 1/4 turn L and point R to R side (2)
3 – 4	Walk fwd R (3) walk fwd L (4)
5 & 6 &	Step fwd R (5) recover to L (&) step R to R side (6) recover to L (&)
7 & 8	Step back on R (7) recover to L (&) touch R beside L (8)

* Restart: Wall 1 starts facing (12:00) dance 16 C then restart, still facing (12:00)

Note: Your music and step suggestions are always much appreciated and welcome.
Please send them by email or in the comments at the bottom of the step sheet!

Start over again!
Have fun & happy dancing