I Don't Need Flowers



拍数: 32 墙数: 2 级数:

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音乐: Flowers - Miley Cyrus



***3 restart, 2 tags, 1 ending – Intro 32 counts Level: Improve

[1-8] TOE TOUCH, HEEL STOMP X 2, COASTER STEP, TOUCH & HIP BUMP X 2, COASTER STEP

1-3 LF Toe touch diagonal Left, LF heel Stomp, LF heel Stomp

4&5 LF step bwd, RF step together, LF step fwd

6-7 RF Toe touch together LF and hip bump R, RH hip bump

8&1 RF step bwd, LF step together RF, RF step Fwd

Restart 1: On the third wall after counting 8, you must restart the dance with the toe touch fwd, you will be looking at 12:00

[9-16] TOE TOUCH FWD X 2, OUT OUT IN IN, STEP FWD, SWIVELS X 2, HIP BUMP WITH ½ TURN L

2&3 LF toe touch fwd, LF step in center, RF Toe touch fwd

&4&5 RF Step Right (out), LF Step left (Out), RF step to center (In), LF Step to center (In)

6 RF step fwd

7-8 BF Swivel heels to right, BF Swivel heels to Left

1 BF Swivel heels to right and hip bump Right turning ½ turn L weight on RF (6.00)

Restart 2: on the fifth wall at count 17, you will restart the dance, you will have made the hip bump with 1/2 turn to the left and the left foot will be in front, which will already be count 1

[17-24] STEP FWD X 2, LOCKSTEP, STEP FWD, ½ TURN L, BEND KNEES, JUMP & FLICK

2-3 LF step fwd, RF step fwd

4&5 LF step fwd, RF step fwd lock behind RF, LF step fwd
6-7 RF step fwd, RF ½ turn L weight on RF "LF on toe" (12.00)

8-1 BK Bend your knees, BF jump with the RF to shift the weight to the LF, at the same time that

with the right leg you make a flick

Restart 3: On the eighth wall after count 24, you will restart but starting with the Tag. Remember that the First step of the tag and the count 25 is the same step.

[25-32] CROSS STEP FWD & POINT X 2, JAZZ BOX WITH ½ TURN R

2-3 RF Cross step fwd, LF point L 4-5 LF Cross step fwd, RF point R

6-8 RF Cross over LF, LF step bwd with ¼ turn R, RF ¼ turn R & Step fwd (6.00)

The tag will be done twice, the first time will be before starting the choreography at 32 counts of the intro, and the second time will be after restart 3 of wall number 8

TAG

[1-8] SLOW FLICK, CROSS STEP & POINT, CROSS STEP (WITH HOLDS)

1-2 RF Start Flick, RF finish Flick

3-4 RF step fwd cross over LF, RF hold

5-6 LF Point side L, LF Hold

7-8 LF Step fwd cross over RF, LF hold

[1-8] POINT, CROSS STEP & POINT (WITH HOLDS), RUN BWD X 4

1-2 RF point side R, Rf hold

3-4 RF step fwd cross over LF, RF hold

5-6 LF Point side L, LF hold

Ending: On the last wall, once you finish the jazz box for count 32, you will be looking at 6 o'clock. But to do the ending while we do count 32 with our right foot, we will turn our upper body to the right, looking at 12 o'clock and hitting the right buttock with the right hand.

ENJOY THE DANCE