

AB Flowers

拍数: 32 墙数: 2 级数: Absolute Beginner
编舞者: Linda Okumura (USA) - May 2023
音乐: Flowers - Miley Cyrus



No tags or restarts

Start on 16 counts from vocals (back wall finish) or 32 counts (front wall finish)

Walk RLR, Kick L, Walk Back LR, L Coaster Step

- 1-4 Walk forward RLR, kick L forward
- 5-6 Walk back LR
- 7&8 Step L back, Step R next to L, Step forward*

R Lindy Step, L Lindy Step

- 1&2 Step R to R, Step-close L beside R, Step R to R (side shuffle to R)
- 3-4 Step L back, Recover on R
- 5&6 Step L to L, Step-close R beside L, Step L to L (side shuffle to L)
- 7-8 Step R back, Recover on L

2 Forward Toe Struts with Hip Bumps, Rocking Chair

- 1-2 Touch R toe forward (bumping R hip 2x), Step forward R
- 3-4 Touch L toe forward (bumping L hip 2x), Step forward L
- 5-6 Step R forward, Recover back on L
- 7-8 Step R back, Recover forward on L

Turning ¼ L Pivot turns with Hip Rolls 2x, R Jazz Box

- 1-2 Step R forward, Roll hips counterclockwise Pivot ¼ L onto L
- 3-4 Step R forward, Roll hips counterclockwise Pivot ¼ L onto L
- 5-8 Cross R over L, Step L back, Step R to R, Step L next to R

Repeat from beginning- No tags or restarts

*Modification for Coaster Step, continue walk L, touch R next to L

Last Update: 11 Jun 2023