

Flowers of Mine

COPPER KNOB
STEPSHEETS

拍数: 56 墙数: 2 级数: Intermediate
编舞者: Nathalie LATERRIERE (FR) - June 2023
音乐: Flowers - Miley Cyrus



Start : On the lyrics " We were good"

Intro : 48 counts

S1: BIG R STEP DIAGONAL R, DRAG/TOUCH L, BIG L STEP DIAGONAL L, DRAG/TOUCH R

1234 Big step R forward to R diagonal, drag LF to RF over 2 counts, Touch LF next to RF

5678 Big step L forward to L diagonal, drag RF to LF over 2 counts, Touch RF next to LF

S2: RUMBA BOX R/FWD, SIDE TOGETHER, 1/4T L, FORWARD L , TOUCH R

1-2 Step RF to R side, step LF together

3-4 Step RF forward, Touch LF next to RF

5-6 Step LF to L side, step RF together

7-8 Turn 1/4 T L stepping LF forward, Touch RF next to LF (9:00)

S3: BIG STEP R, DRAG L , BACK L, CROSS R , BIG STEP L , DRAG R , ROCK BACK R

1-2 Big step R to R side, drag LF slowly to RF

3-4 Step back LF behind RF, step RF across LF

5-6 Big step L to L side, drag RF slowly to LF

7-8 Rock back on RF, recover onto LF

S4: STEP 1/4T L x2, JAZZBOX R

1-2 Step RF forward, turn 1/4 T L stepping LF to L side (6:00)

3-4 Step RF forward, turn 1/4 T L stepping LF to L side (3:00)

5-6 Step RF across LF, step back LF

7-8 Step RF to R , step LF forward

S5 : ROCK FORWARD R, BACK TRIPLE R, ROCK BACK L, 1/4T L, TRIPLE FORWARD L

1-2 Rock forward on RF, Recover onto LF

3&4 Step back RF, step LF next to RF, step back on RF

5-6 Rock back on LF, recover onto RF

7&8 Turn 1/4T L stepping forward on LF, step RF next to LF, step forward on LF (12 :00)

S6 : ROCK FORWARD R, TRIPLE 1/2T R, TRIPLE 1/2 T R, BACK ROCK R

1-2 Rock forward on RF, recover onto LF

3&4 Turn 1/4T R stepping RF to R, step LF next to RF, 1/4T R stepping forward on RF (6:00)

5&6 1/4T R stepping LF to L, step RF next to LF, 1/4T R stepping back on LF (12:00)

7- 8 Rock back on RF (with a short hold), recover onto LF

Main dance : 56 counts - Start on the word « I can buy myself flowers »

S1: QUICK WALK R/L/R, TRIPLE ON PLACE, PRESS FORWARD R, HIP ROLL R, SAILOR SWAY R

1-2-3 Walk quickly forward on RF, LF, RF

4&5 Step LF next to RF, step RF next to LF, step LF next to RF

6-7 Press forward on RF, recover onto LF rolling your R hip from front to back

8&1 Cross RF behind LF, step LF to L, step RF to R swaying R hip to R

S2: SWAY L/R, BEHIND SIDE CROSS L, SWAY R/L , TOUCH R

2-3 Sway hips to L, sway hips to R (end weight on RF)

4&5 Cross LF behind RF, step RF to R, step LF across RF

6-7 Step RF to R swaying hips to R, sway hips to L

8 Touch RF next to LF

Restart on Wall 2 facing 6:00

S3: STEP FWD R, POINT L , COASTER STEP L, STEP R, 1/2T L, KNEE POP L,HOLD, JUMP BACK L/R with TOUCH

1-2 Step forward on RF, point LF to L side

3&4 Step back on LF, step RF together, step forward on LF

5-6 Step forward on RF, ½ T L hold a bit while popping L knee (end weight on RF) (6:00)

&7&8 Jump slightly back on LF, touch RF forward, jump slightly back on RF, touch LF forward

S4: SIDE ROCK L, BEHIND SIDE CROSS, SIDE ROCK R, CROSS TRIPLE R

1-2 Rock LF to L, recover onto RF

3&4 Step LF behind RF, step RF to R, step LF across RF

5-6 Rock RF to R, recover onto LF

7 **&8 Step RF across LF, step LF to L, step RF across LF

S 5: FULL TURN R BOX SIDE STEPS & CHASSE

1-2 Turn ¼ T R stepping LF to L, touch RF next to LF (9 :00)

3&4 Turn ¼ T R stepping RF to R, step LF next to RF, step RF to R (12 :00)

5-6 Turn ¼ T R stepping LF to L, touch RF next to LF (3 :00)

7&8 Turn ¼ T R stepping RF to R , step LF next to RF, step RF to R (6 :00)

S6: STEP 1/2T R, TRIPLE FORWARD L , FULL TURN L, STEP ½ L

1-2 Step forward on LF, turn 1/2T R and step forward on RF (12 :00)

3&4 Step forward on LF, step RF next to LF, step forward on LF

5-6 Turn 1/2T L stepping back on RF (6 :00),turn 1/2T L stepping forward on LF (12 :00)

7-8 Step forward on RF, turn ½T L and step forward on LF (6 :00)

S7: OUT R/L, IN IN R/L, DIAGONAL BACK R, TOUCH L , DIAGONAL L FORWARD, TOUCH R

1-2 Step forward on RF to R side, step forward on LF to L side

RESTART : Wall 3 and wall 5 (St. 6:00 /Rst. 12:00) (Restart the dance without waiting for the lyrics)

3-4 Step back RF to the centre, step back LF to the centre

5-6 Step back RF to the back diagonal R, touch LF next to RF

7-8 Step forward on LF to the L diagonal, touch RF next to LF

REPEAT/RESTART : At the end of Wall 6 (St. 12 :00/ Rpt 6 :00), dance all the counts of Section 7 and start the dance from the beginning.

****FINAL : Wall 7 facing 12:00 : Section 4 = Change counts 7&8 for**

7-8 Step RF across LF, point LF to L side
