

My Heart Is a Flower

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate WCS
編舞者: Hanna Pitkanen (FIN) & Roy Verdonk (NL) - September 2023
音樂: Flower - Amos Lee
或: Rude Boy - Rihanna



Start the dance with the lyrics after 16 count intro.

Restart on wall 4 after 16 counts, facing the back wall, when danced to "Flower" by Amos Lee.

[1-8]: Walks forward R L, out, out, ball, cross, walk around full circle with sweep, behind, side, cross

1,2 Step RF forward (1), step LF forward (2)
&3 Step RF out to diagonal right (&), step LF to side (3)
&4 Step RF back to center (&), cross LF over RF (4)
5 ½ turn right stepping RF forward (5)
6 ½ turn right stepping LF back as you sweep RF from front to back (6) (12.00)
7&8 Cross RF behind LF (7), step FL to side (&), cross RF over LF (8)

[9-16]: Side, touch, side, weave right, ¼ turn, ½ turn, back, coaster step

1&2 Step LF to side (1), touch RF next to LF (&), step RF to side (2)
3&4& Step LF behind RF (3), step RF to side (&), cross LF over RF (4), ¼ turn right stepping RF forward (&) (3.00)
5,6 ½ turn right stepping LF back (5), step back RF (6) (9.00)
7&8 Step back LF (7), step RF next to LF (&), step LF forward (8)

***Restart here on wall 4 facing 6 (when danced to Flower)**

[17-24] Step, diagonal heel bounces with hips L R, sailor ¼ turn, samba cross

&1 Step RF forward (&), step LF out to diagonal left bumping hips to left (1)
&2 Recover weight back to center as you lift L heel (&), step down on LF (2)
3 Step RF out to diagonal right bumping hips to right (3)
&4 Recover weight back to center as you lift R heel (&), step down on RF (4)
5&6 ¼ turn left as you cross LF behind RF (5), step RF next to LF (&), step LF out to diagonal forward (6) (6.00)
7&8 Step RF forward and across LF (7), rock LF to side (&), recover weight to LF (8)

[25-32] Cross, ¼ turn, sweeps back x2, behind, side, cross, side rock, cross, sweep, syncopated jazzbox

&1 Cross LF over RF (&), ¼ turn left recovering weight to RF as you sweep LF from front to back (1) (9.00)
2 Step back LF as you sweep RF from front to back (2)
3&4 Cross RF behind LF (3), step LF to side (&), cross RF over LF (4)
5&6 Rock LF to side (5), recover weight to RF (&), cross LF over RF as you sweep RF from back to front (6)
7&8& Cross RF over LF (7), step back LF (&), step RF to side (8), step LF forward (&)

Start again

Have fun dancing!

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