



Hearts & Flowers

32 count, 4 wall, Beginner

Choreographer Adrian Churm (UK)

Choreographed to Hearts & Flowers by Dave Sheriff

Section 1 - Heel Digs, Coaster Step, Heel Digs, Coaster Step

1 - 2 Touch Right Heel Forward Twice.

3 & 4 Step Back Right. Step Left Beside Right. Step Right Forward.

5 - 6 Touch Left Heel Forward Twice.

7 & 8 Step Back Left. Step Right Beside Left. Step Forward Left.

Section 2 - Right Shuffle, Left Shuffle, Cross Rock & Shuffle 1/2 Turn Right

9 & 10 Step Forward Right. Close Left Beside Right. Step Forward Right.

11 & 12 Step Forward Left. Close Right Beside Left. Step Forward Left.

13 - 14 Cross Rock Right Over Left. Rock Back Onto Left.

Note: Steps 15 - 18 Travel Towards Back Wall.

15 & 16 Shuffle Step 1/2 Turn Right, Stepping - Right, Left, Right.

Section 3 - Left Shuffle 1/2 Turn Right, Coaster Step, Charleston Steps

17 & 18 Shuffle 1/2 Turn Right, Stepping - Left, Right, Left.

19 & 20 Step Back On Right. Step Left Beside Right. Step Forward Right.

21 - 22 Step Forward Left. Touch Right Toe Forward.

23 - 24 Step Right Toe Back. Touch Left Toe Back.

Section 4 - Charleston Steps, Heel Toe Touches, 1/4 Turn Left

25 - 26 Step Forward Left. Touch Right Toe Forward.

27 - 28 Step Right Toe Back. Touch Left Toe Back.

29 - 30 Touch Left Heel Forward. Touch Left Toe Back.

31 - 32 Step Left 1/4 Turn Left. Touch Right Beside Left. (stomp-ohne Gewicht)

Repeat