

HEARTS AND FLOWERS

Choreographed by Adrian Churm

Description: 32 count, 4 wall, beginner line dance

Musik: Hearts And Flowers by Dave Sheriff [120 bpm)

Start dancing on lyrics

HEEL DIGS, COASTER STEP, HEEL DIGS, COASTER STEP.

1-2 Touch right heel forward twice

3&4 Right coaster step

5-6 Touch left heel forward twice

7&8 Step left back. Step right beside left, step left forward.

RIGHT SHUFFLE, LEFT SHUFFLE, CROSS ROCK, SHUFFLE ½ TURN RIGHT

1&2 Step right forward, step left together, step right forward.

3&4 Chassé forward left, right, left

5-6 Cross/rock right over left, recover to left

Steps 15 - 18 travel towards back wall

7-8 Shuffle step ½ turn right, stepping - right, left, right.

LEFT SHUFFLE ½ TURN RIGHT, COASTER STEP, CHARLESTON STEPS

1&2 Shuffle ½ turn right stepping - left, right, left.

3&4 Step right back, step left together, step right forward.

5-6 Step left forward. Touch right toe forward.

7-8 Step right toe back, touch left toe back.

CHARLESTON STEPS, HEEL TOE TOUCHES, ¼ TURN LEFT

1-2 Step left forward, swing right foot forward, touching right toe forward

3-4 Step right toe back, touch left toe back.

5-6 Touch left heel forward, touch left toe back

7 Left foot step ¼ turn to the left

8 Touch right together

REPEAT