

# Hearts And Flowers

Choreographed by Adrian Churm

Description: 32 Count, Beginner, 4 Wall

Musik: Hearts and flowers by Dave Sheriff



## 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.

## RIGHT SHUFFLE, LEFT SHUFFLE, CROSS ROCK & SHUFFLE ½ 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
- Steps 15 – 18 travel towards back wall
- 15-16 Shuffle step ½ turn right, stepping - right, left, right.

## LEFT SHUFFLE ½ TURN RIGHT, COASTER STEP, CHARLESTON STEPS.

- 17&18 Shuffle ½ 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.

## CHARLESTON STEPS, HEEL TOE TOUCHES, ¼ TURN LEFT

- 25-26 Step forward left, swing right foot forward, touching right toe forward
- 27-28 Step right toe back, touch left toe back.
- 29-30 Touch left heel forward, touch left toe back
- 31 Left foot step ¼ turn to the left
- 32 Right foot touch next to left foot

## REPEAT