

## **Hearts And Flowers**

Choreographer: Adrian Churm

Suggested Music: Dave Sheriff: Hearts And Flowers

Type: 32 count, 4 wall

Level: Beginner

### **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 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 Cross rock right over left

14 Rock back onto left

/Steps 15-18 travel towards back wall

15 & 16 Shuffle step 1/2 turn right, stepping right, left, right

### **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 Step forward left

22 Touch right toe forward

23 Step right toe back

24 Touch left toe back

### **CHARLESTON STEPS, HEEL TOE TOUCHES, 1/4 TURN LEFT**

25 Step forward left

26 Touch right toe forward

27 Step right toe back

28 Touch left toe back

29 Touch left heel forward

30 Touch left toe back

31 Step left 1/4 turn left

32 Touch right beside left

REPEAT