



## **HEARTS & FLOWERS**

Choreographer: Adrian Churm

Description: 32 Count - 4 Wall

Level: Beginner

Suggested Music: Hearts & 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.

Note: Steps 15 - 18 Travel Towards Back Wall.

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

### **LEFT SHUFFLE ½ 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.

### **CHARLESTON STEPS, HEEL TOR TOUCHES, ¼ 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.

**REPEAT**