

## **My Heart Is A Flower**



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32 Count 4 Wall Intermediate Level Dance. Choreographed by: Hanna Pitkanen (FIN) & Roy Verdonk (NL) Nov 2023 Choreographed to: Flower by Amos Lee Intro: 16 Counts. Start at approx 13 secs.

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| SEC 1 1-2 &3 &4 5 6 7&8                     | WALK, WALK, OUT, OUT, BALL, CROSS, WALK AROUND FULL CIRCLE SWEEP, WEAVE Step RF forward, step LF forward Step RF out to diagonal right, step LF to side Step RF back to center, cross LF over RF ½ turn right stepping RF forward ½ turn right stepping LF back as you sweep RF from front to back (12:00) Cross RF behind LF, step FL to side, cross RF over LF  |
|---|---|
| SEC 2<br>1&2<br>3&4&<br>5-6<br>7&8          | SIDE, TOUCH, SIDE, WEAVE, ¼ TURN, ½ TURN, BACK, COASTER STEP  Step LF to side, touch RF next to LF, step RF to side  Step LF behind RF, step RF to side, cross LF over RF, ¼ turn right stepping RF forward (3:00)  ½ turn right stepping LF back, step back RF (9:00)  Step back LF, step RF next to LF, step LF forward   |
| Restart                                     | Here on wall 4  |
|   |   |
| \$EC 3<br>&1<br>&2<br>3<br>&4<br>5&6<br>7&8 | STEP, DIAGONAL HEEL BOUNCES WITH HIPS, SAILOR ¼ TURN, SAMBA CROSS  Step RF forward, step LF out to diagonal left bumping hips to left  Recover weight back to center as you lift L heel, step down on LF  Step RF out to diagonal right bumping hips to right  Recover weight back to center as you lift R heel, step down on RF  ¼ turn left as you cross LF behind RF, step RF next to LF, step LF out to diagonal forward (6:00)  Step RF forward and across LF, rock LF to side, recover weight to LF |

