



Flores Del Sol (Sunflower)

32 Count 4 Wall Beginner Level Dance.
Choreographed by: Ivan Rundgren (SWE) Aug 2025
Choreographed to: Contigo by Flores Del Sol
Intro: 16 Counts. Start at approx 11 secs.

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SEC 1 WALK, WALK, OUT OUT, HIP, BACK, BACK, OUT OUT, HIP

- 1-2 Walk fwd R, walk fwd L
&3-4 Step R diagonal fwd R, step L diagonal fwd L sway L hip to L side, sway R hip to R side
5-6& Walk back L, walk back R
&7-8 Step L diagonal back, step R diagonal back sway R hip to R side, sway L hip to L side

SEC 2 SIDE, TOGETHER, SIDE, HEEL HEEL, SIDE, TOGETHER, SIDE, HEEL HEEL

- 1-2 Step R to R side, step L beside R
&3-4 Step R to R side, drop L heel fwd diagonal, drop L heel fwd diagonal
5-6 Step L to L side, step R beside L
&7-8 Step L to L side, drop R heel fwd diagonal, drop R heel fwd diagonal

Restart Here on Wall 1

SEC 3 BACK MAMBO, FWD MAMBO, BACK ROCK, STEP, ¼ TURN

- 1&2 Step back on R, recover to L, step fwd R
3&4 Step fwd L, recover to R, step back on L
5-6 Step back on R, recover to L
7-8 Step fwd R, ¼ turn L (9:00)

SEC 4 PADDLE ¼, PADDLE ¼, WALK, WALK, ROCK, SIDE ROCK, BACK ROCK, TOUCH

- 1-2 ¼ turn L point R to R side, ¼ turn L point R to R side (3:00)
3-4 Walk fwd R, walk fwd L
5&6& Step fwd R, recover to L, step R to R side, recover to L
7&8 Step back on R, recover to L, touch R beside L