



Hearts and Flowers

32 count, 4 wall, Beginner

Choreographer: Adrian Churm (UK)

Choreographed To: *Hearts & Flowers* by Dave Sheriff

Steps	Actual Footwork	Calling Suggestion	Direction
Section 1 1 - 2 3 & 4 5 - 6 7 & 8	Heel Digs, Coaster Step, Heel Digs, Coaster Step. Touch Right Heel Forward Twice. Step Back Right. Step Left Beside Right. Step Right Forward. Touch Left Heel Forward Twice. Step Back Left. Step Right Beside Left. Step Forward Left.		
Section 2 9 & 10 11 & 12 13 - 14 <i>Note</i> 15 & 16	Right Shuffle, Left Shuffle, Cross Rock & Shuffle 1/2 Turn Right. Step Forward Right. Close Left Beside Right. Step Forward Right. Step Forward Left. Close Right Beside Left. Step Forward Left. Cross Rock Right Over Left. Rock Back Onto Left. Steps 15 - 18 Travel Towards Back Wall. Shuffle Step 1/2 Turn Right, Stepping - Right, Left, Right.		
Section 3 17 & 18 19 & 20 21 - 22 23 - 24	Left Shuffle 1/2 Turn Right, Coaster Step, Charleston Steps. Shuffle 1/2 Turn Right, Stepping - Left, Right, Left. Step Back On Right. Step Left Beside Right. Step Forward Right. Step Forward Left. Touch Right Toe Forward. Step Right Toe Back. Touch Left Toe Back.		
Section 4 25 - 26 27 - 28 29 - 30 31 - 32	Charleston Steps, Heel Toe Touches, 1/4 Turn Left. Step Forward Left. Touch Right Toe Forward. Step Right Toe Back. Touch Left Toe Back. Touch Left Heel Forward. Touch Left Toe Back. Step Left 1/4 Turn Left. Touch Right Beside Left.		