

MY WILFLOWER

Chorégraphe : GRÉGORY DANVOIE / GUDRUN SCHNEIDER – Octobre 2025

Niveau : NOVICES

Comptes : 48

Murs : 4

Restart : 2

Tag/Bridge 1

Musiques : [Wildflower](#) - Michael Patrick Kelly

Intro 16 temps

S1: DOROTHY STEP R WITH SWAY L+R, DOROTHY STEP L WITH SWAY R+L

1-2 RF step diagonally forward, LF step behind RF

&3-4 RF step diagonally forward, LF step left - sway hips left, sway hips right

5-6 LF step diagonally forward, RF step behind LF

&7-8 LF step diagonally forward, RF step right - sway hips right, sway hips left

S2: HEEL ACROSS - HITCH - CLOSE (R+L), CROSS SHUFFLE, ROCK L

1&2 RF heel cross over LF, RF hitch, RF step right

3&4 LF heel cross over RF, LF hitch, LF step left

5&6 RF cross over LF, LF step left, RF cross over LF

7-8 LF rock left, recover on RF

(arm movements counts 1 to 6: open both hands and put them at shoulder height (like Bollywood styling))

S3: SAILOR STEP WITH $\frac{1}{4}$ Turn L, ROCK FWD R, OUT-OUT, IN-IN (on place), ROCK BACK R

1&2 $\frac{1}{4}$ turn left- LF step back, RF step beside LF, LF step forward (9:00)

3-4 RF rock forward, recover on LF

&5&6 RF step right, LF step left, RF center, LF step beside RF

7-8 RF rock back, recover on LF

S4: SHUFFLE $\frac{1}{2}$ TURN L, COASTER STEP, $\frac{1}{2}$ PADDLE TURN

1&2 $\frac{1}{4}$ turn left - RF step right, LF step beside RF, $\frac{1}{4}$ turn left, RF step back (3:00)

3&4 LF step back, RF step beside LF, LF step forward

5-6 $\frac{1}{8}$ turn left - RF point right, $\frac{1}{8}$ turn left - RF point right (12:00)

7-8 $\frac{1}{8}$ turn left - RF point right, $\frac{1}{8}$ turn left - RF step forward (9:00)

RESTART on Wall 2 and 3 with step change (S4-count 8 = touch R)

BRIDGE - SWAY L+R (only on wall one)

1-2 LF step left - sway hips left, sway hips right

S5: ROCK FWD L, SHUFFLE $\frac{1}{2}$ TURN L, ROCK FWD L SAILOR STEP WITH $\frac{1}{4}$ Turn R,

1-2 LF step forward, recover on RF

3&4 $\frac{1}{4}$ turn left - LF step left, RF step beside LF, $\frac{1}{4}$ turn left, LF step forward (3:00)

5-6 RF rock forward, recover on LF

7&8 $\frac{1}{4}$ turn right, RF step back, LF step beside RF, RF step forward (6:00)

Suite « MY WILFLOWER »

S6: SIDE ROCK - CROSS L, POINT R, $\frac{1}{4}$ TURN R - CLOSE, SIDE ROCK - CROSS L, TOE R & HEEL L, CLOSE

1&2 LF rock left, recover on RF, LF cross over RF

3-4 RF point right, $\frac{1}{4}$ turn right - RF step beside LF (9:00)

5&6 LF rock left, recover on RF, LF cross over RF

7&8& RF toe touch beside LF, RF step beside LF, LF heel forward, LF step beside RF



Cette chorégraphie est traduite et mise en page pour les adhérents Crazy Bulls, la fiche originale est l'unique référence.

..... Dansez et recommencez avec le sourire