

# Sunflowers

Step Sheet Approved:

  
*Gloria Johnson*

<b>TYPE OF DANCE:</b>	4 Wall Line Dance	<b>DIFFICULTY:</b>	Intermediate
<b>COUNT:</b>	40	<b>STEPS:</b>	36
<b>CHOREOGRAPHER:</b>	Gloria Johnson (June 1997) Tel: (386)532-5009 Country Time Dance Lines 2425 Center Road Deltona, FL 32738 Email: <a href="mailto:gloriaj@country-time.com">gloriaj@country-time.com</a> Homepage: <a href="http://www.gloriajohnson.us">http://www.gloriajohnson.us</a>		
<b>ORIGINATED AT:</b>	JR's Country Club – Deland, Florida		
<b>MUSIC:</b>	"Land of the Living" by Pam Tillis		
<b>NOTE:</b>	This dance is called "Sunflowers" simply because at one time Pam Tillis lived in San Francisco, wrote music with the Ramsey Lewis Trio and liked herbs and sunflower seeds. Sometime after Pam moved back to Nashville, her father (Grand Ole Opry member Mel Tillis) had some sunflower seeds laid out to dry in preparation for Spring planting. They disappeared, and Mel thought Pam ate them. She swears she didn't.		

## STEP DESCRIPTION

### TOE-HEEL TOUCHES AND SYNCOPATIONS

- 1,2 Touch RIGHT toe beside Left instep; Touch RIGHT heel beside Left instep;  
3,4 Touch RIGHT toe beside Left instep; Touch RIGHT heel beside Left instep;  
&5,6 Step RIGHT foot in toward Center; Step LEFT foot in toward Center; Hold;  
&7,8 Step RIGHT foot slightly to Right; Step LEFT foot slightly to Left; Hold.

### HEEL TAPS, 1/4 TURNING SHUFFLE, 1/2 TURNING SHUFFLE

- 9-12 Raise and lower both heels four times.  
13&14 Turning 1/4 right, step RIGHT foot forward; Step LEFT together; Step RIGHT foot forward;  
15&16 Shuffle LEFT, RIGHT, LEFT while turning 1/2 right.

### FORWARD AND BACKWARD SCUFFS

- 17,18 Scuff RIGHT foot forward; Scuff RIGHT back across & in front of Left leg;  
19,20 Kick RIGHT foot forward; Step RIGHT beside Left;  
21,22 Scuff LEFT foot forward; Scuff LEFT backward across & in front of Right leg;  
23,24 Kick LEFT foot forward; Touch LEFT toe beside Right foot.

### 1/4 LEFT TURNING SHUFFLE, ROCK-STEP W. 1/4 RIGHT TURN; SHUFFLE, ROCK STEP

- 25&26 Turning 1/4 left, step LEFT foot forward; Step RIGHT together; Step LEFT foot forward;  
27,28 Rock-step RIGHT foot forward; Rock back onto LEFT foot turning 1/4 right;

- 29&30 Step RIGHT foot forward; Step LEFT together; Step RIGHT foot forward;  
31,32 Rock-step LEFT foot forward; Rock back onto RIGHT foot.

### BACKWARD "CHAIN OF EVENTS," ROCK-STEP

- 33,34 Point LEFT toe to left side; Cross-step LEFT foot behind Right;  
35,36 Point RIGHT toe to right side; Cross-step RIGHT foot behind Left;  
37,38 Point LEFT toe to left side; Cross-step LEFT foot behind Right;  
39,40 Rock-step RIGHT foot back; Rock forward onto LEFT.

## BEGIN DANCE AGAIN