

Colorado Girls

Dan Albro

Type : 32 Count, Progressive Circle Dance
Level : Partner Pattern Dance & Classic Pattern Partner Dance A
Music : "Hearts And Flowers" by Dave Sheriff (132 BPM)
Arms : For the arm connections, please refer to the Original WCDF Video

Leader

Starting position:

Outside Line Of Dance, Facing each other
(12.00)

CHASSÉ, ROCK STEP, X2

1	LF	Step L
&	RF	Step together
2	LF	Step L
3	RF	Step backwards
4	LF	Recover weight
5	RF	Step R
&	LF	Step together
6	RF	Step R
7	LF	Step backwards
8	RF	Recover weight

WEAVE, LUNGE, ROCK, STEP

9	LF	Step L
10	RF	Cross behind
11	LF	Step L
12	RF	Cross over
13	LF	Big step L
14	RF	Touch together
15	RF	Step backwards
16	LF	Recover weight

Follower

Starting position:

Inside Line Of Dance, Facing each other
(6.00)

Lady's steps opposite unless specified

CHASSÉ, ROCK STEP, X2

1	RF	Step R
&	LF	Step together
2	RF	Step R
3	LF	Step backwards
4	RF	Recover weight
5	LF	Step L
&	RF	Step together
6	LF	Step L
7	RF	Step backwards
8	LF	Recover weight

WEAVE, LUNGE, ROCK, STEP

9	RF	Step R
10	LF	Cross behind
11	RF	Step R
12	LF	Cross over
13	RF	Big step R
14	LF	Touch together
15	LF	Step backwards
16	RF	Recover weight

World Country Dance Federation

Official WCDF competition dance description 2014

Colorado Girls

Choreographer Dan Albro

Type : 32 Count, Progressive Circle Dance, ECS
 Level : Partner Pattern Dance and Classic Pattern Partner Dance A
 Music : "Hearts and Flowers" by Dave Sheriff (132 BPM)
 Arms : For the arm connections, please refer to the Original WCDF video

Leader

(BELT LOOP SWITCH) SHUFFLE FORWARD, ROCK STEP, CHASSÉ 2X

17 RF ¼ Turn L, step R (9.00)
 & LF Step together
 18 RF ¼ Turn L, step backwards (ILOD) (6.00)
 19 LF Step backwards
 20 RF Recover weight
 21 LF Step L
 & RF Step together
 22 LF Step L
 23 RF Step R
 & LF Step together
 24 RF Step R

ROCK STEP, SHUFFLE 2X TO CHANGE SIDE, ROCK STEP

25 LF Step backwards
 26 RF Recover weight
 27 LF Step together
 & RF ¼ Turn L, step in place (3.00)
 28 LF Step in place
 29 RF Step R
 & LF ¼ Turn L, step in place (12.00)
 30 RF Step in place
 31 LF Step backwards
 32 RF Recover weight (OLOD)

Follower

(BELT LOOP SWITCH) SHUFFLE FORWARD, ROCK STEP, CHASSÉ 2X

17 LF ¼ Turn R, step L (9.00)
 & RF Step together
 18 LF ¼ Turn R, step backwards (OLOD) (12.00)
 19 RF Step backwards
 20 LF Recover weight
 21 RF Step R
 & LF Step together
 22 RF Step R
 23 LF Step L
 & RF Step together
 24 LF Step L

ROCK STEP, SHUFFLE 2X TO CHANGE SIDE, ROCK STEP

25 RF Step backwards
 26 LF Recover weight
 27 RF Step forward
 & LF Step together
 28 RF Step forward
 29 LF ¼ Turn R, step L (3.00)
 & RF Step together
 30 LF ¼ Turn R, step backwards (6.00)
 31 RF Step backwards
 32 LF Recover weight (ILOD)