

# Take Myself Dancing

**Choreographer:** Joshua Talbot (Jan 2023)  
**Music:** Flowers – Miley Cyrus (3.19min)  
**Level:** Intermediate: 4 Wall  
**Counts:** 32 Counts **Extras:** 4 restarts (see below)  
**Intro:** Start just after lyrics start on the word “good” (approx. 8 Seconds into track)

## Section 1: SIDE, CROSS, RECOVER, SIDE SHUFFLE, CROSS, SIDE, ½ HINGE

**1, 2, 3** Step L to L, cross rock R over L, recover weight L  
**4&5** Step R to R, step L together, Step R to R  
**6, 7, 8** Step L over R, step R to R, ½ L raising R foot (3.00)  
(Note: Count 8; ½ raising L foot. Is a slow turn, like a hold/pause ready to step down on count 1 in next section)

## Section 2: ¼ FWD, ¼ SIDE, BEHIND, RECOVER, ¼ BACK, ½ FWD, ½ BACK, ½ FWD

**1, 2** ¼ L Step L fwd, ¼ L step R to R (12.00)  
**3, 4** Rock L behind R, recover weight R  
**5, 6** ¼ R step L back, ½ R step R fwd (9.00)  
**7, 8** ½ R step L back, ½ R step R fwd (9.00)  
(Note: Counts 7,8 in this section can be replaced with a Walk L, Walk R for a non-turning option)

## Section 3: 1/8 FWD, ROCK FWD, RECOVER, R LOCK SHUFFLE BACK, FULL BACK, COASTER

**1, 2, 3** 1/8 L Step L fwd, Rock R fwd, recover weight L (7.30)  
**4&5** Step R back, lock L over R, step R back  
**6, 7** 3/8 L step L fwd, ½ L step R back (9.00)  
**8&1** Step L back, step R together, step L fwd to L diagonal  
(Note: Counts 1-5 are all done facing the L diagonal with counts 6,7,8& 1 travelling straight back)

## Section 4: CROSS SAMBA, CROSS, ¼ BACK, ½ FWD, ¼ SIDE STEP, SIDE, TOGETHER

**2&3** Cross R over L, rock L to L, recover weight R  
**4, 5** Cross L over R, ¼ L step R back (6.00)  
**6, 7** ½ L step L fwd, ¼ L step R to R (9.00)  
**8&** Step L to L, step R together

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**Restarts:** **Wall 2 – Dance till count 16** (Wall 2 starts 9 o'clock, restart to 6 o'clock)  
**Wall 5 – Dance till count 8** (Wall 5 starts 12 o'clock, restart to 6 o'clock)  
**Wall 7 - Dance till count 16** (Wall 7 starts 3 o'clock, restart to 12 o'clock)  
**Wall 11 – Dance till count 8** (Wall 11 starts 3 o'clock, restart to 9 o'clock)

**To Finish:** Clean finish to the front on the last wall with a side shuffle L at the end of the wall

**NOTE:** There are sections before you start a new wall when the music goes, just keep dancing the beat kicks back in

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*Demos and Tutorials can be found on the website above, on all good step sheet sites & YouTube*