

Seasons Change

Compte: 40

Mur: 4

Niveau: Improver

Chorégraphe: Sheila Kenny (USA) - October 2024

Musique: Circles - Post Malone



Intro: 15 sec. ct/32 counts Start on Intro - No Tags - No Restarts - CW

Sec. 1 R Vine/Cross, 1/4 R Turn, R Lindy

1-4 Step RF to Right side, Cross LF behind RF, Step RF to Right side, Cross LF over RF
5&6 ¼ Turn Right stepping RF to Right side, Step LF next to RF, Step RF to Right side (3:00)
7,8 Rock back on LF, Recover weight on RF

Sec. 2 L Lindy, 1/8 L Pivot Turn x 2

1&2 Step LF to Left side, Step RF next to LF, Step LF to Left side
3,4 Rock back on RF, Recover weight on LF
5,6 1/8 Left Pivot turn stepping forward on RF, Recover weight on LF (1:30)
7,8 1/8 Left Pivot turn stepping forward on RF, Recover weight on LF (12:00)

Sec. 3 Forward Cross Point x 2, Step Back Point x 2

1,2 Cross RF over LF, Point Left Toe to Left side
3,4 Cross LF over RF, Point Right Toe to Right side
5,6 Step back on Rf, Point Left Toe to Left side
7,8 Step back on LF, Point Right Toe to Right side

Sec. 4 ½ L Turn, Rock/Recover, Back R Coaster, Side Rock/Recover

1,2 Cross RF over LF and Pivot on RF making ½ Left Turn, Recover weight on LF (6:00)
3,4 Rock forward on RF, Recover weight on LF
5&6 Step back on RF, Step LF next to RF, Step forward on RF
7,8 Step LF to Left side rocking Left hip out, Recover weight on RF

Sec. 5 L Jazz Box, 1/4 L Turn, R Kick/Ball Change, Side Point

1,2 Cross LF over RF, Step back on RF
3,4 Turn ¼ Left stepping LF forward, Touch Right Toe next to LF (3:00)
5&6 Kick RF forward, Step on ball of RF next to LF raising LF at same time, recover weight on LF with Right Toe Touch
7,8 Point Right Toe to Right side, Touch Right Toe next to LF

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