

Seasons of the Heart

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased High Intermediate
编舞者: Martina Bucco (DE) - July 2018
音乐: Seasons of the Heart - Marc Roberts : (Album: Tribute To The Music Of John Denver)



A : 32 Counts, Tag 1: 2 Counts, B: 32 Counts, Tag 2: 15 Counts, Tag 3: 6 Counts, Ending : 32 Counts
Seq: A, A (Dance Without Sweep), Tag 1, B, Tag 2, A, A (Dance Without Sweep), Tag 3, B, Ending

PART A: 32 counts

A[1-8] STEP BACK 1/4TURN,STEP , STEP 1/2 TURN, LEG LIFT, CROSS, 1 1/4 RONDE, STEP,STEP,STEP 1/4 TURN, STEP 1/2 TURN, STEP 1/4 TURN

- 1 LF step back with 1/4 turn left
- 2&3 RF step back, LF step forward with 1/2turn left, Lift right Leg
- 4-5 RFcross overLF, 1 1/4 turn left, sweep LF from front to back (12.00)
- 6&7 LF step behind RF, RF step right, LF step forward with 1/4 turn left
- 8& RF step back with 1/2 turn left, LF step left with 1/4 turn left

A[9-16] STEP 1/4 TURN, BASIC,STEP 1/4TURN , SWEEP ,CROSS, STEP ,STEP , SWEEP , CROSS,STEP, STEP 1/4 TURN ,STEP ,PIVOT

- 1 RF big step right with 1/4 turn left (6.00)
- 2&3 LF step behind RF, RF cross overLF, LF step forward with 1/4 turn left,
- 4&5 Right toe sweep from back to front, RF cross overLF, LF step back, RF step back,
- 6&7 Left toe sweep from back to front, LF cross overRF, RF step back, LF step forward with 1/4 turn left
- 8& RF Step forward, 1/2 turn left, weight on LF (6.00)

A[17-24] STEP.STEP,STEP,1/2 TURN ,SWEEP 3X , POSE

- 1-3 RF step forward, LF step forward, RF step forward
- 4 1/2 turn left on both feets
- 5-6 Left toe sweep backwards, Right toe sweep backwards,
- 7-8 Left toe sweep backwards, Pose hold

A[25-32] STEP, STEP 1/4 TURN ,STEP, CROSS, STEP, 7/8 TURN, CHECK, SWEEP

- 1&2 RF step forward, LF step forward with 1/4 turn right, weight back to RF
- 3&4 LF cross over RF, RF step right,weight back to LF
- 5 LF 7/8 turn right
- 6 RF step forward check (12.30)
- 7,8 LF step back, RF step beside LF,change weight on right) ,left toe goes from front to back (12.00)

Part B: 32 counts

B[1-8] STEP, ROCK BACK, DIAMOND TURN,3/4 SPIRAL TURN ,STEP,1/4 TURN

- 1-2 LF step left, RF step back (weight RF)
- &3 Weight on LF, RF step forward diagonal (12.30)
- 4& LF step forward, RF step side (12.00)
- 5 LF step back with 1/8 turn left (11.30)
- 6& RF step back, LF step left with 1/8 turn left (9.00)
- 7 RF step forward (weight on both feets)
- 8& 3 /4 turn on both feets,LF step forward with 1/4 turn left (6.00)

B[9-16] BASIC 2X, STEP 1/4 TURN, 1/2 TURN , 1/2 TURN, STEP , STEP ,1/4 TURN , STEP

- 1 RF step right,

- 2&3 LF step behind RF, RF step over LF, LF step left,
- 4&5 RF step behind LF, LF step over RF, RF step forward with 1/4 turn right (9.00)
- 6-7 1/2 turn on RF (carry the LF) change foot 1/2 turn on LF, RF step forward,
- 8& LF step forward (weight on left) 1/4 turn right (change weight to RF), LF step diagonal forward
12.30

B[17-24] STEP, DIAMOND TURN, STEP 3/4 SPIRAL TURN, STEP TURN, STEP TURN, STEP TURN

- 1-2 RF step forward, LF step forward
- &3 RF step right, LF step back 1/8 turn left (12.00)
- 4& RF step back, LF step left with 1/8 turn left (10.30)
- 5 RF step forward with 1/8 turn (9.00)
- 6 3 /4 turn left on both feet, LF step diagonal forward, (12.00)
- 7& 1/2 turn on LF (Change weight to RF)'LF step forward with 1/2 turn left
- 8& 1/2 turn on LF (Change weight to RF)'LF step forward with 1/2 turn left

B[25-32] STEP, POSE, STEP, 1/2 TURN, HOLD

- 1-4 LF step forward, bend left knee, RF to the right side, RF slide to LF (get up) RF step beside LF, 1/2 turn right
- 5-8 LF slide left, bend right knee, (get up) LF slide to RF

TAG:1

[1-2] CROSS FULL TURN ON BOTH FEET

- 1 LF cross over RF
- 2 Full turn on both feet

TAG 2:

[1-8] SWEEP 3X, POSE, STEP, TWINKLE, STEP, STEP, 1/2 TURN

- 1-2 LF sweep from front to back, step back, RF sweep from front to back, step back,
- 3-4 LF sweep from front to back, step back (weight on LF), Pose (change weight)
- 5&6 LF step diagonal right forward, RF step forward, LF step forward with 1/8 turn left
- 7&8 RF step diagonal left forward, LF step left, RF on toe back, 1/2 turn right

[9-15] BASIC, STEP 1/4 TURN, ROLLING VINE, BASIC, STEP

- 1-2 RF step right, LF cross behind RF,
- &3 RF cross over LF, LF step forward with 1/4 turn left
- 4-5 RF step back with 1/2 turn left, LF step left with 1/4 turn left, RF step behind LF
- &6 LF step diagonal right forward
- 7 RF step right

Tag 3 :

[1-6] CROSS, 1/1 TURN, STEP, TURN, STEP, TURN, STEP, TURN

- 1-2 LF cross over RF, Full turn on both feet
- 3& RF step diagonal left forward, 1/2 turn on RF (Change weight to LF)'RF step forward with 1/2 turn right
- 4& RF step diagonal left forward, 1/2 turn on RF (Change weight to LF)'RF step forward with 1/2 turn right
- 5& RF step diagonal left forward, 1/2 turn on RF (Change weight to LF)'RF cross over LF
- 6 change weight to RF

Ending: 32 counts

E[1-8] STEP, TURN, STEP, TURN, STEP, TURN

- 1&2 LF step diagonal forward with 1/2 turn left (Change weight to RF)' 1/2 turn on RF, LF step forward
- &3 1/2 turn on LF (Change weight to RF)'LF step forward with 1/2 turn left
- 4-6 bend left knee, RF to the right side, RF slide to LF (get up) RF step beside LF, 1/2 turn right
- 7-8 LF slide left, bend right knee, (get up) LF slide beside RF

E[9-16] SWEEP 3X, POSE ,STEP,TWINKLE, STEP, STEP, 1/2 TURN

1-2 LF sweep from front to back,step back, RF sweep from front to back,step back,
3-4 LF sweep from front to back,step back(weight on LF) ,Pose (change weight)
5&6 LF step diagonalright forward,RF step forward,LF step forward with 1/8 turn left
7&8 RF step diagonalleft forward,LF step left, RF on toe back,1/2 turn right

E[17-24] BASIC, STEP CROSS 1/4 TURN, STEP 3/4 TURN, BASIC, STEP 1/4 TURN

1&2 RF step right, LF cross behind RF, RF cross overLF,
3-4 LF step left, RF cross behind LF
5&6 LF step forward with 1/4 turn left , RF step forward, 3/4 turn left on both feets (change weight to LF)
7&8 RF step right, LF step back, RF step forward
& LF step forward with 1/4 turn

E[25-32] SWEEP, STEP 1/4 TURN,CROSS 3/4 TURN,STEP 1/2 TURN 2X, STEP 1/4 TURN, POSE

1 RF goes from back to front
2&3 RF cross overLF,LF step back, RF step right
4&5 LF cross overRF,3/4 on both feets
6-7 LF step forward, 1/2 turn left (RF at the knee)
8&1 RF step forward, 1/2 turn right (LF at the knee), step forward with 1/4 turn, going down in pose

Enjoy dancing!!! :-)

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