

Seasons

拍数: 32 墙数: 4 级数: High Improver
编舞者: Hiroko Carlsson (AUS) - June 2023
音乐: Seasons - Bebe Rexha & Dolly Parton : (Spotify/Apple Music/Deezer)



Please feel free to contact me if you need any further information.(hirokoclinedancing@gmail.com)

(Dance starts on lyrics)

[S1] Sway, Sway, Hip-Hip-Hip, Hitch 1/4L Coaster Step-Ball, Step-Pivot 1/2R

1 2 Step R to the side sway to the right, Sway to the left
3&4& Hips to the right-left-right (3&4), Make a ¼ turn left hitching L knee (9:00)
5&6& Step back on L, Step R next to L, Step forward on L, Ball step slightly forward on R
7 8 Step forward on L, Make a ½ turn right recover weight on R (3:00)

[S2] L Side Shuffle w/ Hitch, R Side Shuffle w/ Hitch, 1/4L, Step-Pivot 1/2L, Fwd

1&2 Step L to the side, Step R close, Step L to the side/hitching R knee
3&4 Step R to the side, Step L close, Step R to the side/hitching L knee
5 6 Make a ¼ turn left stepping forward on L (12:00), Step forward on R
7 8 Make a ½ turn left recover weight on L (6:00), Step forward on R

[S3] Sway, Sway, Hip-Hip-Hip, Hitch 1/4R Coaster Step, 2x 1/4R Tap Paddle-Cross

1 2 Step L to the side sway to the left, Sway to the right
3&4& Hips to the left-right-left (3&4), Make a ¼ turn right hitching R knee (9:00)
5&6 Step back on R, Step L next to R, Step forward on R
&7 Touch forward on L, Make a ¼ turn right recover weight on R
&8& Touch forward on L, Make a ¼ turn right recover weight on R, Cross L over R

[S4] R Side Shuffle w/ Hitch, L Side Shuffle w/ Hitch, 2x Step-Pivot 1/2L

1&2 Step R to the side, Step L close, Step R to the side/hitching L knee
3&4 Step L to the side, Step R close, Step L to the side/hitching R knee
5 6 Step forward on R, Make a ½ turn left recover weight on L (9:00)
7 8 Step forward on R, Make a ½ turn left recover weight on L (3:00)

*8 counts Tag 1 at the end of Wall 1 (3:00) and end of Wall 5 (3:00) - R Mambo, L Mambo, Fwd Mabo, Back Mambo

1&2 Rock R to the side, Replace weight on L, Step R together
3&4 Rock L to the side, Replace weight on R, Step L together
5&6 Rock forward on R, Replace weight on L, Step R together
7&8 Rock back on L, Replace weight on R, Step L together

*16 counts Tag 2 at the end of Wall 3 (9:00)– do the “tag 1” twice.

(updated: 28/June/23)