

# Seasons

拍数: 64      墙数: 2      级数: Beginner  
编舞者: Jan Wyllie (AUS)  
音乐: Blue Umbrella - Charlie Landsborough



## HEEL STRUT, LOCK STEP, STEP SCUFF

1-4              Heel strut forward left, right  
5-8              Step forward on left, lock right behind left, step forward on left, scuff right forward

## 3 ¼ PIVOT TURNS, STEP, HOLD

9-10             Step forward on right, pivot ¼ left transferring weight to left  
11-12            Step forward on right, pivot ¼ left transferring weight to left  
13-14            Step forward on right, pivot ¼ left transferring weight to left  
15-16            Step forward on right, hold

## HEEL STRUT, LOCK STEP, STEP SCUFF

17-20            Heel strut forward left, right  
21-24            Step forward on left, lock right behind left, step forward on left, scuff right forward

## 3 ¼ PIVOT TURNS, STEP, HOLD

25-26            Step forward on right, pivot ¼ left transferring weight to left  
27-28            Step forward on right, pivot ¼ left transferring weight to left  
29-30            Step forward on right, pivot ¼ left transferring weight to left  
31-32            Step forward on right, hold

## ROCK, ROCK STEP HOLD, ROCK, ROCK STEP HOLD

33-36            Rock/step forward on left, rock back on right, step back on left, hold  
37-40            Rock/step back on right, rock forward on left, step forward on right, hold

## CROSS ROCK BACK STEP HOLD, CROSS ROCK BACK STEP HOLD

41-44            Cross/rock left over right, rock back on right, step left to left, hold  
45-48            Cross/rock right over left, rock back on left, step right to right, hold

## CROSS TOE STRUTS, ROCK BACK FORWARD STEP HOLD

49-52            Toe strut left over right, toe strut right to right  
53-56            Rock/step left behind right, rock/return weight to right, step left to left, hold

## TOE STRUTS, ROCK BACK FORWARD STEP SCUFF

57-60            Toe strut right over left, toe strut left to left  
61-64            Rock back on right, rock forward on left, step forward on right to right, scuff left forward

## REPEAT

---