

Seasons of the Heart

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Phil Johnson (UK) - October 2009
音乐: Seasons of the Heart - John Denver : (CD: "Rocky Mountain Collection" and others)



(16 count intro – ccw direction)

Cross Left Over Right, Rock Right-Left, Right Jazz box ¼ Turn Right Stepping Left Forward, Full Turn Left, Step Right Forward, Rock to Left ½ Turn Right Long Step to Left

- 1 Cross Step Left over Right; (this ends the crossing shuffle at the end of the dance)
2&3 Rock right to right side, rock onto left in place, cross step right over left;
4&5 Step left to left side, ¼ turn right stepping right to right side, step left forward;
6&7 ½ turn left stepping back on right, ½ turn left stepping forward on left, step forward on right; (3 0'clock)
8&1 Rock on left to left side, ¼ turn right stepping onto right, ¼ turn right stepping left long step to left. (9 0'clock)

Basic Night Club Left and Right with ¼ turn Left, ¾ shuffle turn Left, Left Behind Side Cross

- 2&3 Rock back on right behind left, rock forward onto left, step right long step to right;
4&5 Rock back on left behind right, rock forward onto right, ¼ turn left stepping forward onto left (angling left to left diagonal starting a 1 ¾ turn left);
6&7 Right shuffle ¾ turn left (weight on right); (9 0'clock)
8&8&1 Sweep left from front to behind right, step on left behind right, step right to right side, cross step left in front of right. (9 0'clock)

NOTE: Alternatives to steps 6&7 – Easier option - Cross right over left, unwind ¾ turn left (weight on right), or Tricky option -1 ¾ shuffle turn

- 6&7 Cross right over left unwinding ¾ turn left (weight on right), whilst still turning cross left toe behind right and unwind full turn left (transferring weight to left), step on right beside left (9 0'clock);

Lunge Right and Cross, Lunge Left and Cross (travelling forward), Step Right Forward Pivot Full Turn Left Backwards, Left Shuffle ½ Turn Left Backwards

- 2&3 (Travelling forward to 9 o'clock wall) Lunge right to right side (slightly to right diagonal), recover weight on left, cross step right over left;
4&5 (Travelling forward to 9 o'clock wall) Lunge left to left side (slightly to left diagonal), recover weight right, cross step left over right;
6&7 Step right forward, pivot half turn left (weight on left), pivot half turn left stepping back on right; (9 o'clock)
8&1 Step back on left, ¼ turn left stepping right beside left, ¼ turn left stepping left forward. (3 o'clock)

Step Right Forward, Pivot ¼ Left Cross Step Right Over Left, ¾ Turn Right Stepping Left to Left Side, Rock Back on Right and Step to Right, Left Crossing Shuffle

- 2&3 Step right forward, pivot ¼ turn left, cross step right over left; (12 0'clock)
4&5 ¼ turn right stepping back on left, ¼ turn right stepping right forward, ¼ turn right stepping left long step to left ; (9 0'clock)
6&7 Rock back on right behind left, rock forward onto left, step right long step to right;
8& Cross step left over right, step right slightly to right.

Note: Linger slightly on count 7 so that the crossing shuffle (8&1) is a gentle run. Feel the music

Tag wall 4 (3 0'clock)

Dance section 1 and then to steps 4& of section 2 to face the home wall

5-8 Step left to left side swaying left, right, left, right
Then start from the beginning of the dance.

The dance ends on counts 6&7 of section three (after the lunge and crosses) facing the home wall. Change the turn back to a right shuffle turn forward and hold as the music fades. Peace

PARTYZONE

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