

# Seasons of the Heart

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Phrased High Intermediate  
編舞者: Martina Bucco (DE) - July 2018  
音樂: 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 feet
- 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 feet)
- 8& 3        /4 turn on both feet,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!!! :-)

Contact: [tinatabbuco@gmail.com](mailto:tinatabbuco@gmail.com)

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