

# Seasons Change

拍數: 32      牆數: 4      級數: Improver  
編舞者: Colin Ghys (BEL) & Jo Kinser (UK) - May 2023  
音樂: Seasons - Bebe Rexha & Dolly Parton



Intro: Start on the lyrics, 24 cts (0.15).

## [1-8] POINT TOUCH POINT, BEHIND SIDE CROSS, POINT TOUCH POINT, BEHIND SIDE CROSS

1&2      RF point R 1), RF touch next to LF &), RF point R 2)  
3&4      RF step behind LF 3), LF step L &), RF cross over LF 4)  
5&6      LF point L 5), LF touch next to RF &), LF point L 6)  
7&8      LF step behind RF 7), RF step R &), LF cross over RF 8)

\* RESTART HERE WALL 2 (9:00) AND WALL 8 (6:00)

## [9-16] ¼ TURN R RUN RUN RUN, ½ TURN L RUN RUN RUN, MAMBO STEP, RUN RUN RUN BACK

1&2      ¼ turn R RF step forward 1), LF step forward &), RF step forward 2) (3:00)  
3&4      ½ turn L LF step forward 3), RF step forward &), LF step forward 4) (9:00)  
5&6      RF rock forward &) 5), LF recover &), RF step back 6)  
7&8      LF step back 7), RF step back &), LF step back 8) Arms: Push palms from chest forward

\* RESTART HERE WALL 5 (12:00)

## [17-24] COASTER CROSS, ROCK REC. CROSS, HINGE ¼ TURN L, CROSSING SHUFFLE

1&2      RF step back 1), LF step next to RF &), RF cross over LF 2)  
3&4      LF rock L 3), RF recover &), LF cross over RF 4)  
5-6      ¼ turn L RF step back 5), ¼ turn L LF step L 6) (3:00)  
7&8      RF cross over LF 7), LF step L &), RF cross over LF 8)

## [25-32] SIDE, SAILOR ¼ TURN R, FORWARD, ¼ TURN L, SAILOR ¼ TURN L, ¼ TURN L BALL CROSS

1-2&3      LF step L 1), ¼ turn R RF step behind LF &), LF step L &) RF step slightly forward R 3) (6:00)  
4-5      LF step forward 4), ¼ turn L RF step R 5) (3:00)  
6&7      ¼ turn L LF step behind RF 6), RF step R &), LF step slightly forward 7) (12:00)  
&8      ¼ turn L RF step R &), LF cross over RF 8) (9:00)

\* ENDING: OMIT THE ¼ TURN L AND FINISH THE BALL STEP FORWARD (12:00)

Last Update - 26 June 2023 - R1