

# Seasons of The Wind

拍數: 32      牆數: 4      級數: High Improver  
編舞者: Conor McVeigh (UK) - March 2012  
音樂: Season Of The Wind - The Bellamy Brothers : (Album: Howard and David, track 2)



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## 16 count intro

### SECTION 1: WALK, WALK, SHUFFLE FORWARD, ROCK, SAILOR ¼ TURN.

1, 2      Walk forward right, Walk forward left  
3&4      Step right forward, step left next to right, step right forward  
5, 6      Left rock forward and recover  
7&8      Step left behind right making ¼ turn to the left, step right next to left and step left forward (facing 9 O'Clock)

### SECTION 2: HEEL, TOE, SHUFFLE FORWARD, HEEL, TOE, KICK OUT OUT

1, 2      Point right heel forward, point right toe back  
3&4      Step right forward, step left next to right, step right forward  
5,6      Point left heel forward, point left toe back  
7&8      Kick left foot forward, step out left, step out right (facing 9 O'Clock)

### SECTION 3: SWAY, SWAY, SAILOR ¼ TURN, WALK, WALK, KICK OUT OUT

1, 2      Sway left, Sway right  
3&4      Step left behind right making ¼ turn to the left, step right next to left and step left forward  
5,6      Walk forward right, Walk forward left  
7&8      Kick right foot forward, step out right, step out left (facing 6 O'Clock)

### SECTION 4: BEHIND, SIDE, CROSS SHUFFLE, STEP ¼, LEFT SHUFFLE

1,2      Step right behind left, Step left to left side  
3&4      Cross right across left and shuffle  
5,6      Step left and make a ¼ turn to the right  
7&8      Step left forward, step right next to left, step left forward (facing 9 O'Clock)

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