

# Seasons of The Wind

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**Count:** 32      **Wall:** 4      **Level:** High Improver

**Choreographer:** Conor McVeigh (UK) March 2012

**Music:** Seasons of the Wind by the Bellamy Brothers. (Album: Howard and David, track 2)

## 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)