

# Seasons of the Heart

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Phil Johnson - England - October 2009

**Music:** "Seasons of the Heart" by John Denver. CD "Rocky Mountain Collection" and others 72 BPM

## (16 count intro - ccw direction)

**Cross Left Over Right, Rock Right-Left, Right Jazz box  $\frac{1}{4}$  Turn Right Stepping Left Forward, Full Turn Left, Step Right Forward, Rock to Left  $\frac{1}{2}$  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,  $\frac{1}{4}$  turn right stepping right to right side, step left forward;
- 6&7  $\frac{1}{2}$  turn left stepping back on right,  $\frac{1}{2}$  turn left stepping forward on left, step forward on right; (3 0'clock)**
- 8&1** Rock on left to left side,  $\frac{1}{4}$  turn right stepping onto right,  $\frac{1}{4}$  turn right stepping left long step to left. (9 0'clock)

## **Basic Night Club Left and Right with $\frac{1}{4}$ turn Left, $\frac{3}{4}$ 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,  $\frac{1}{4}$  turn left stepping forward onto left (angling left to left diagonal starting a  $1 \frac{3}{4}$  turn left);
- 6&7** Right shuffle  $\frac{3}{4}$  turn left (weight on right); (9 0'clock)
- &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 $\frac{3}{4}$ turn left (weight on right), or Tricky option -1 $\frac{3}{4}$ shuffle turn**

- 6&7** Cross right over left unwinding  $\frac{3}{4}$  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 o'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 o'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 o'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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