

Seasons of the Heart

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Count: 64

Wall: 2

Level: Phrased High Intermediate

Choreographer: Martina Bucco – July 2018

Music: "Seasons Of The Heart" by 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

1LF step back with 1/4 turn left

2&3RF step back, LF step forward with 1/2turn left, Lift right Leg

4-5RFcross overLF, 1 1/4 turn left, sweep LF from front to back (12.00)

6&7LF 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

1RF big step right with 1/4 turn left (6.00)

2&3LF 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

1-3RF 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&2RF step forward, LF step forward with 1/4 turn right, weight back to RF

3&4LF cross over RF, RF step right,weight back to LF

5LF 7/8 turn right

6RF step forward check (12.30)

7,8LF 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

1-2LF 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)

5LF step back with 1/8 turn left (11.30)

6&RF step back, LF step left with 1/8 turn left (9.00)

7RF 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

1RF step right,

2&3LF step behind RF, RF step overLF,LF step left,

4&5RF step behind LF, LF step overRF, 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

1-2RF 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)

5RF 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 -4LF step forward, bend left knee, RF to the right side, RF slide to LF (get up) RF step beside LF, 1/2 turn right

5-8LF slide left, bend right knee, (get up) LF slide to RF

TAG:1

[1-2] CROSS FULL TURN ON BOTH FEET

1LF cross over RF

2 Full turn on both feet

TAG 2:

[1-8] SWEEP 3X, POSE ,STEP,TWINKLE, STEP, STEP, 1/2 TURN

1-2LF sweep from front to back, step back, RF sweep from front to back, step back,

3-4LF sweep from front to back, step back (weight on LF) , Pose (change weight)

5&6LF step diagonalright forward,RF step forward,LF step forward with 1/8 turn left

7&8RF step diagonalleft forward,LF step left, RF on toe back,1/2 turn right

[9-15] BASIC,STEP 1/4 TURN, ROLLING VINE,BASIC,STEP

1-2RF step right, LF cross behind RF,

&3RF cross overLF, LF step forward with 1/4turn left

4-5RF step back with 1/2 turn left, LF step left with 1/4 turn left, RF step behind LF

&6LF step diagonalright forward

7RF step right

Tag 3 :

[1-6] CROSS, 1/1 TURN, STEP, TURN, STEP, TURN, STEP, TURN

1-2LF 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

6change weight to RF

Ending: 32 counts

E[1-8] STEP, TURN, STEP, TURN, STEP, TURN

1&2LF step diagonalforward with 1/2 turn left (Change weight to RF)' 1/2 turn on RF,LF step forward

&31/2 turn on LF (Change weight to RF)'LF step forward with 1/2 turn left

4-6bend left knee, RF to the right side,RF slide to LF (get up)RF step beside LF, 1/2 turn right

7-8LF slide left,bend right knee, (get up)LF slide beside RF

E[9-16] SWEEP 3X, POSE ,STEP,TWINKLE, STEP, STEP, 1/2 TURN

1-2LF sweep from front to back,step back, RF sweep from front to back,step back,

3-4LF sweep from front to back,step back(weight on LF) ,Pose (change weight)

5&6LF step diagonalright forward,RF step forward,LF step forward with 1/8 turn left

7&8RF 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&2RF step right, LF cross behind RF, RF cross overLF,

3-4LF step left, RF cross behind LF

5&6LF step forward with 1/4 turn left , RF step forward, 3/4 turn left on both feets (change weight to LF)

7&8RF 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

1RF goes from back to front

2&3RF cross overLF,LF step back, RF step right

4&5LF cross overRF,3/4 on both feets

6-7LF step forward, 1/2 turn left (RF at the knee)

8&1RF step forward, 1/2 turn right (LF at the knee), step forward with 1/4 turn, going down in pose

Enjoy dancing!!! :-)

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