

SEASONS OF THE HEART

DESCRIPTION: Phrased High Level Intermediate A,B, Nightclub with Tags

MUSIC: "Seasons Of The Heart" by Marc Roberts

ALBUM: Tribute To The Music Of John Denver

CHOREOGRAPH: Martina Bucco

A : 32 COUNTS, TAG 1: 2 COUNTS, B: 32 COUNTS, TAG 2: 15 COUNTS, TAG 3: 6 COUNTS, ENDING : 32 COUNTS

A, A (DANCE WITHOUT SWEEP), TAG 1, B, TAG 2, A, A (DANCE WITHOUT SWEEP), TAG 3, B, ENDING

PART 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

- 1 LF step back with 1/4 turn left
2&3 RF step back, LF step forward with 1/2turn left, Lift right Leg
4-5 RFeross over LF, 1 1/4 turn left, sweep LF from front to back (12.00)
6&7 LF 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

9-16 STEP 1/4 TURN, BASIC,STEP 1/4TURN, SWEEP, CROSS, STEP,STEP, SWEEP, CROSS,STEP, STEP 1/4 TURN,STEP,PIVOT

- 1 RF big step right with 1/4 turn left (6.00)
2&3 LF step behind RF, RF cross over LF, LF step forward with 1/4 turn left,
4&5 Right toe sweep from back to front, RF cross over LF, LF step back, RF step back,
6&7 Left toe sweep from back to front, LF cross over RF, RF step back, LF step forward with 1/4 turn left
8& RF Step forward, 1/2 turn left, weight on LF (6.00)

17-24 STEP,STEP,STEP,1/2 TURN,SWEEP 3X, POSE

- 1-3 RF 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

25-32 STEP, STEP 1/4 TURN,STEP, CROSS,STEP, 7/8 TURN, CHECK, SWEEP

- 1&2 RF step forward, LF step forward with 1/4 turn right, weight back to RF
3&4 LF cross over RF, RF step right,weight back to LF
5 LF 7/8 turn right
6 RF step forward check (12.30)
7,8 LF step back, RF step beside LF,change weight on right),left toe goes from front to back (12.00)

Part B

1-8 STEP, ROCK BACK, DIAMOND TURN,3/4 SPIRAL TURN,STEP,1/4 TURN

- 1-2 LF 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)
5 LF step back with 1/8 turn left (11.30)
6& RF step back, LF step left with 1/8 turn left (9.00)
7 RF step forward (weight on both feet)
8& 3/4 turn on both feet,LF step forward with 1/4 turn left (6.00)

9-16 BASIC 2X, STEP 1/4 TURN, 1/2 TURN, 1/2 TURN,STEP,STEP,1/4 TURN,STEP

- 1 RF step right,
2&3 LF step behind RF, RF step over LF,LF step left,
4&5 RF step behind LF, LF step over RF, 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

17-24 STEP, DIAMOND TURN,STEP 3/4 SPIRAL TURN,STEP TURN,STEP TURN,STEP TURN

- 1-2 RF 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)
5 RF 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

25-32 STEP, POSE, STEP, 1/2 TURN, HOLD

1-4 LF step forward, bend left knee, RF to the right side, RF slide to LF (get up) RF step beside LF, 1/2 turn right
5-8 LF slide left, bend right knee, (get up) LF slide to RF

TAG:1 1-2 CROSS 1/1 TURN ON BOTH FEETS

1 LF cross over RF
2 Full turn on both feets

TAG 2: 1-8 SWEEP 3X, POSE, STEP, TWINKLE, STEP, STEP, 1/2 TURN

1-2 LF sweep from front to back, step back, RF sweep from front to back, step back,
3-4 LF sweep from front to back, step back (weight on LF), Pose (change weight)
5&6 LF step diagonal right forward, RF step forward, LF step forward with 1/8 turn left
7&8 RF step diagonal left forward, LF step left, RF on toe back, 1/2 turn right

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

1-2 RF step right, LF cross behind RF,
3 RF cross over LF, LF step forward with 1/4 turn left
4-5 RF step back with 1/2 turn left, LF step left with 1/4 turn left, RF step behind LF
6 LF step diagonal right forward
7 RF step right

Tag 3 : 1-4 CROSS, 1/1 TURN, STEP, TURN, STEP, TURN, STEP, TURN

1-2 LF cross over RF, Full turn on both feets
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
6 change weight to RF

Ending: 1-8 STEP, TURN, STEP, TURN, STEP, TURN

1&2 LF step diagonal forward with 1/2 turn left (Change weight to RF) 1/2 turn on RF, LF step forward
3& 1/2 turn on LF (Change weight to RF) LF step forward with 1/2 turn left
4-6 bend left knee, RF to the right side, RF slide to LF (get up) RF step beside LF, 1/2 turn right
7-8 LF slide left, bend right knee, (get up) LF slide beside RF

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

1-2 LF sweep from front to back, step back, RF sweep from front to back, step back,
3-4 LF sweep from front to back, step back (weight on LF), Pose (change weight)
5&6 LF step diagonal right forward, RF step forward, LF step forward with 1/8 turn left
7&8 RF step diagonal left forward, LF step left, RF on toe back, 1/2 turn right

17-24 BASIC, STEP CROSS 1/4 TURN, STEP 3/4 TURN, BASIC, STEP 1/4 TURN

1&2 RF step right, LF cross behind RF, RF cross over LF,
3-4 LF step left, RF cross behind LF
5&6 LF step forward with 1/4 turn left, RF step forward, 3/4 turn left on both feets (change weight to LF)
7&8 RF step right, LF step back, RF step forward
9 LF step forward with 1/4 turn

25-32 SWEEP, STEP 1/4 TURN, CROSS 3/4 TURN, STEP 1/2 TURN 2X, STEP 1/4 TURN, POSE

1 RF goes from back to front
2&3 RF cross over LF, LF step back, RF step right
4&5 LF cross over RF, 3/4 on both feets
6-7 LF step forward, 1/2 turn left (RF at the knee)
8&9 RF step forward, 1/2 turn right (LF at the knee), step forward with 1/4 turn, going down in pose

Enjoy dancing!!! :-)