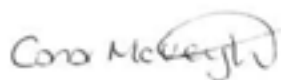




Approved by:



# Seasons Of The Wind

## 4 WALL - 32 COUNTS - IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b>	<b>Walk, Walk, Forward Shuffle, Forward Rock, Sailor 1/4 Turn</b>		
1 – 2	Walk forward right. Walk forward left.	Right Left	Forward
3 & 4	Step right forward. Close left beside right. Step right forward.	Right Shuffle	
5 – 6	Rock forward on left. Recover onto right.	Rock Forward	On the spot
7 & 8	Cross left behind right turning 1/4 left. Step right to side. Step left forward. (9:00)	Quarter Sailor	Turning left
<b>Section 2</b>	<b>Heel, Toe, Forward Shuffle, Heel, Toe, Kick Out Out</b>		
1 – 2	Touch right heel forward. Touch right toe back.	Heel Toe	On the spot
3 & 4	Step right forward. Close left beside right. Step right forward.	Right Shuffle	Forward
5 – 6	Touch left heel forward. Touch left toe back.	Heel Toe	On the spot
7 & 8	Kick left forward. Step out left. Step out right.	Kick Out Out	
<b>Section 3</b>	<b>Sway, Sway, Sailor 1/4 Turn, Walk, Walk, Kick Out Out</b>		
1 – 2	Sway left. Sway right.	Sway Sway	On the spot
3 & 4	Cross left behind right turning 1/4 left. Step right to side. Step left forward. (6:00)	Quarter Sailor	Turning left
5 – 6	Walk forward right. Walk forward left.	Right Left	Forward
7 & 8	Kick right forward. Step out right. Step out left.	Kick Out Out	On the spot
<b>Section 4</b>	<b>Behind, Side, Cross Shuffle, Side, 1/4 Turn, Forward Shuffle</b>		
1 – 2	Cross right behind left. Step left to left side.	Behind Side	Left
3 & 4	Cross right over left. Step left to side. Cross right over left.	Cross Shuffle	
5 – 6	Step left to side. Step right 1/4 turn right. (9:00)	Side Quarter	Turning right
7 & 8	Step left forward. Close right beside left. Step left forward.	Left Shuffle	Forward

**Choreographed by:** Conor McVeigh (UK) March 2012

**Choreographed to:** 'Season of the Wind' by the Bellamy Brothers from CD Howard and David; download available from iTunes (16 count intro)



A video clip of this dance is available at [www.linedancermagazine.com](http://www.linedancermagazine.com)