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Seasons Of The Heart

32 Count, 4 Wall, Intermediate Choreographer: Phil Johnson (UK) Oct 2009 Choreographed to: Seasons Of The Heart by John Denver, CD: Rocky Mountain Collection and others (72 bpm)

16 count intro – ccw direction

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1 2&3 4&5 6&7 8&1	Cross Left Over Right, Rock Right-Left, Right Jazz box ¼ Turn Right Stepping Left Forward, Full Turn Left, Step Right Forward, Rock to Left ½ Turn Right Long Step to Left Cross Step Left over Right; (this ends the crossing shuffle at the end of the dance) Rock right to right side, rock onto left in place, cross step right over left; Step left to left side, ¼ turn right stepping right to right side, step left forward; ½ turn left stepping back on right, ½ turn left stepping forward on left, step forward on right; (3 o'clock) Rock on left to left side, ¼ turn right stepping onto right, ¼ turn right stepping left long step to left. (9 o'clock)
	Basic Night Club Left and Right with ¼ turn Left, ¾ shuffle turn Left,
2&3	Left Behind Side Cross 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, ¼ turn left stepping forward onto left (angling left to left diagonal starting a 1 ¾ turn left);
6&7	Right shuffle ¾ turn left (weight on right); (9 o'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 o'clock)
NOTE: /	Alternatives to steps 6&7 – Easier option - Cross right over left, unwind ¾ turn left (weight on right), or Tricky option -1 ¾ shuffle turn
6&7	Cross right over left unwinding ¾ 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 o'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 1/2 turn left (weight on left), pivot 1/2 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 1/4 turn left, cross step right over left; (12 o'clock)
4&5	1/4 turn right stepping back on left, 1/4 turn right stepping right forward,
	1/4 turn right stepping left long step to left; (9 o'clock)
6&7 8&	Rock back on right behind left, rock forward onto left, step right long step to right; 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.

Ending: 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