



## Seasons Of The Heart

Phrased, 96 Count, 1 Wall, Intermediate

Choreographer: Martina Bucco

Choreographed to: Seasons Of The Heart by Marc Roberts

Album: Tribute To The Music Of John Denver

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 RF cross 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

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## Tag 1

### 1-2 CROSS 1/1 TURN ON BOTH FEET

- 1 LF cross over RF
- 2 Full turn on both feet

## 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 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
- 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 feet (change weight to LF)
- 7&8 RF step right, LF step back, RF step forward & 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 feet
- 6-7 LF step forward, 1/2 turn left (RF at the knee)
- 8&1 RF step forward, 1/2 turn right (LF at the knee), step forward with 1/4 turn, going down in pose

## Enjoy dancing