

Seasons Change

Count: 32

Wall: 4

Level: Improver

Choreographer: Colin Ghys (BEL) & Jo Kinser (UK) - May 2023

Music: Seasons - Bebe Rexha & Dolly Parton

Intro: Start on the lyrics, 24 cts (0.15).

[1-8] POINT TOUCH POINT, BEHIND SIDE CROSS, POINT TOUCH POINT, BEHIND SIDE CROSS

1&2 RF point R 1), RF touch next to LF &), RF point R 2)
3&4 RF step behind LF 3), LF step L &), RF cross over LF 4)
5&6 LF point L 5), LF touch next to RF &), LF point L 6)
7&8 LF step behind RF 7), RF step R &), LF cross over RF 8)

*** RESTART HERE WALL 2 (9:00) AND WALL 8 (6:00)**

[9-16] ¼ TURN R RUN RUN RUN, ½ TURN L RUN RUN RUN, MAMBO STEP, RUN RUN RUN BACK

1&2 ¼ turn R RF step forward 1), LF step forward &), RF step forward 2) (3:00)
3&4 ½ turn L LF step forward 3), RF step forward &), LF step forward 4) (9:00)
5&6 RF rock forward & 5), LF recover &), RF step back 6)
7&8 LF step back 7), RF step back &), LF step back 8) Arms: Push palms from chest forward

*** RESTART HERE WALL 5 (12:00)**

[17-24] COASTER CROSS, ROCK REC. CROSS, HINGE ½ TURN L, CROSSING SHUFFLE

1&2 RF step back 1), LF step next to RF &), RF cross over LF 2)
3&4 LF rock L 3), RF recover &), LF cross over RF 4)
5-6 ¼ turn L RF step back 5), ¼ turn L LF step L 6) (3:00)
7&8 RF cross over LF 7), LF step L &), RF cross over LF 8)

[25-32] SIDE, SAILOR ¼ TURN R, FORWARD, ¼ TURN L, SAILOR ¼ TURN L, ¼ TURN L BALL CROSS

1-2&3 LF step L 1), ¼ turn R RF step behind LF &), LF step L &) RF step slightly forward R 3) (6:00)
4-5 LF step forward 4), ¼ turn L RF step R 5) (3:00)
6&7 ¼ turn L LF step behind RF 6), RF step R &), LF step slightly forward 7) (12:00)
&8 ¼ turn L RF step R &), LF cross over RF 8) (9:00)

*** ENDING: OMIT THE ¼ TURN L AND FINISH THE BALL STEP FORWARD (12:00)**

Last Update - 26 June 2023 - R1