

Through the Seasons

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Hiroko Carlsson (Grafton, Australia) December 2024

Music: "Seasons" by Thirty seconds to Mars- Available on Spotify/YouTube Music/Deezer/Apple Music

Please feel free to contact me if you need any further information.

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(Intro: 32 counts)

[S1] Side Rock-Back, Side Rock-Behind-Side, Cross-Side Rock-1/4L-Fwd, Step-Pivot 1/2R-1/4R-Together

1&2 Rock R to the side, Replace weight on L, Step back on R

3&4& Rock L to the side, Replace weight on R, Step L behind R, Step R to the side

5&6& Cross L over R, Rock R to the side, Make a ¼ turn left replace weight/step forward on L (9:00), Step forward on R

7&8& Step forward on L, Make a ½ turn right stepping back on R (3:00), Make a ¼ turn right stepping L to the side (6:00), Step R next to L

[S2] Rocking Chair, Step-Pivot 3/4R-Side-Together, Fwd Rock-1/4L, Run Around 1/2L

1&2& Rock forward on L, Replace weight on R, Rock forward on L, Replace weight on R

3&4& Step forward on L, Make a ¾ turn right recover weight on R (3:00), Step L to the side, Step R next to L

5&6 Rock forward on L, Replace weight on R, Make a ¼ turn right stepping L to the side (12:00)

7&8& Run around ½ turn left on R-L-R-L (6:00)

-Restart here on Wall 2 and 5

[S3] 1/8L-Heel-Heel, Back Rock-Step-Pivot 3/8R, 1/8R-Heel-Heel, Back Rock-Step-Pivot 3/8L-

1&2 Make a ⅛ turn left stepping R to the side (4:30), Touch/tap L heel twice diagonally forward (&2)

3&4& Rock back on L, Replace weight on R, Step forward on L, Make a ⅜ turn right recover weight on R (9:00)

5&6 Make a ⅛ turn right stepping L to the side (10:30), Touch/tap R heel twice diagonally forward (&6)

7&8& Rock back on R, Replace weight on L, Step forward on R, Make a ⅜ turn left recover weight on L (6:00)-

[S4] -1/2L Back-Lock-Back, 1/2L Rocking Chair, Step-Pivot 1/2R, Chase Turn 1/2R-Fwd

1&2 -Make a ½ turn left stepping back on R (12:00), Lock L over R, Step back on R

3&4& Make a ½ turn left stepping/rock forward on L (6:00), Replace weight on R, Rock back on L, Replace weight on R

5 6 Step forward on L, Make a ½ turn right recover weight on R (12:00)

7&8 Step forward on L, Make a ¼ turn right recover weight on R (6:00), Step forward on L

Restart on Wall 2 Count 16 (12:00) and Wall 5 Count 16 (6:00)

Ending Suggestion: The last wall ends facing 6:00. Add,

1&2 Rock R to the side, Replace weight on L, Step back on R

3&4& Rock L to the side, Replace weight on R, Touch L behind R, Unwind ½ turn left weight ends on L (12:00)

(updated: 26/Nov/24)