

## Seasons

Count: 32

Wall: 4

Level: High Improver

Choreographer: Hiroko Carlsson (Grafton, Australia) June 2023

Music: Seasons by Bebe Rexha & Dolly Parton- Available on Spotify/Apple Music/Deezer

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

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(Dance starts on lyrics)

### **[S1] Sway, Sway, Hip-Hip-Hip, Hitch 1/4L Coaster Step-Ball, Step-Pivot 1/2R**

- 1 2 Step R to the side sway to the right, Sway to the left
- 3&4& Hips to the right-left-right (3&4), Make a ¼ turn left hitching L knee (9:00)
- 5&6& Step back on L, Step R next to L, Step forward on L, Ball step slightly forward on R
- 7 8 Step forward on L, Make a ½ turn right recover weight on R (3:00)

### **[S2] L Side Shuffle w/ Hitch, R Side Shuffle w/ Hitch, 1/4L, Step-Pivot 1/2L, Fwd**

- 1&2 Step L to the side, Step R close, Step L to the side/hitching R knee
- 3&4 Step R to the side, Step L close, Step R to the side/hitching L knee
- 5 6 Make a ¼ turn left stepping forward on L (12:00), Step forward on R
- 7 8 Make a ½ turn left recover weight on L (6:00), Step forward on R

### **[S3] Sway, Sway, Hip-Hip-Hip, Hitch 1/4R Coaster Step, 2x 1/4R Tap Paddle-Cross**

- 1 2 Step L to the side sway to the left, Sway to the right
- 3&4& Hips to the left-right-left (3&4), Make a ¼ turn right hitching R knee (9:00)
- 5&6 Step back on R, Step L next to R, Step forward on R
- &7 Touch forward on L, Make a ¼ turn right recover weight on R
- &8& Touch forward on L, Make a ¼ turn right recover weight on R, Cross L over R

### **[S4] R Side Shuffle w/ Hitch, L Side Shuffle w/ Hitch, 2x Step-Pivot 1/2L**

- 1&2 Step R to the side, Step L close, Step R to the side/hitching L knee
- 3&4 Step L to the side, Step R close, Step L to the side/hitching R knee
- 5 6 Step forward on R, Make a ½ turn left recover weight on L (9:00)
- 7 8 Step forward on R, Make a ½ turn left recover weight on L (3:00)

### **8 counts Tag 1 at the end of Wall 1 (3:00) and end of Wall 5 (3:00) - R Mambo, L Mambo, Fwd Mabo, Back Mambo**

- 1&2 Rock R to the side, Replace weight on L, Step R together
- 3&4 Rock L to the side, Replace weight on R, Step L together
- 5&6 Rock forward on R, Replace weight on L, Step R together
- 7&8 Rock back on L, Replace weight on R, Step L together

**16 counts Tag 2 at the end of Wall 3 (9:00)– do the “tag 1” twice.**

(updated: 28/June/23)