Seasons

Count: 40 **Wall:** 2 **Level:** Intermediate

Choreographer: Shane McKeever (IRE) - August 2025

Music: Seasons - Amistat

Intro: 8 Counts, 8 secs approx.. on the lyrics
Notes: Restart on Wall 1 after 36 counts, Restart on Wall 6 after 32 counts

[1 – 8] Side Lunge, ¼ Turn with a Botafogo, Cross, Side, Behind with Hitch 1/8 Turn, Back Rock, Recover, Run x2

1-2&3	Lunge RF to R side (1), Cross LF over RF making 1/8 turn L (2), Making another 1/8 turn L rock RF to R side (&), Recover on to LF (3) 9:00
4&5	Cross RF over LF (4), Step LF to L side (&), Cross RF behind LF hitching L knee in a ronde motion from front to back turning 1/8 turn L (5) 7:30
6-7	Rock LF back (6), Recover on to RF (7) 7:30
8&	Step LF fwd (8), Step RF fwd (&) 7:30

[9 – 16] Press, Back Sweep x2, Behind, Side, Cross, Full Unwind, Side Step, Run x2 with ¼ Turn

1-2-3	Press LF fwd (1), Recover on to RF sweeping LF from front to back (2), Step LF back sweeping RF from front to back (3) 7.30
4&5	Cross RF behind LF (4), Making 1/8 turn L Step LF to L side (&), Cross RF over LF (5) 6:00
6-7	Unwind full turn L (6), Step LF to L side swaying body L 6:00
8&	Step RF fwd to R diagonal (8), Finish ¼ turn stepping LF fwd 9:00

[17 – 24] Serpiente, Cross, ¼ Turn x2, Cross, ¼ Turn

1-2&3	Step RF fwd sweeping LF from back to front (1), Cross LF over RF (2), Step RF to R side (&), Cross LF behind RF sweeping RF from front to back (3) 9:00
4&5	Cross RF behind LF (4), Step LF to L side (&), Cross RF over LF (5) 9:00
6-7	¼ turn R stepping LF back (6), ¼ turn R stepping RF to R side (7) 3:00
8&	Cross LF over RF (8), ¼ turn L stepping RF back (&) 12:00

[25 – 32] Groovy Walks Back, Behind, Side, Cross, Scissor Step, ¼ Turn, ½ Turn

1&2&3	Step LF back on L diagonal opening R toe to R diagonal (1), Touch RF next to LF squaring up to 12:00 (&), Step RF back on R diagonal opening L toe to L diagonal (2), Touch LF next to RF squaring up to 12:00 (&), Step LF back on L diagonal opening R toe to R diagonal (3) 12:00
4&5	Cross RF behind LF (4), Step LF to L side (&), Cross RF over LF (5) 12:00
6&7	Step LF to L side (6), Step RF next to LF (&), Step LF fwd to R diagonal (7) 1:30
8&	¼ turn L stepping RF back (8), ½ turn L stepping LF fwd (&) 3:00

Note: Restart here on Wall 6 with step change: Drag RF in towards LF squaring up to 6:00

[33 – 40] Rock Forward, Recover, Together, Rock Forward, Recover, Step Forward, Step Pivot ½ Turn, ½ Turn, ¼ Turn R to Start Again

1-2&	Rock RF fwd (1), Recover on to LF (2), Close RF next to LF (&) 3:00
3-4&	Rock LF fwd (1), Recover on to RF (2), Close LF next to RF (&) 3:00

Note: Restart here on Wall 1 with step change: Step LF fwd (3), Touch RF next to LF (4), Make ¼ turn R to start again at 6:00

5-6	Step RF fwd (5), Step LF fwd (6) 3:00
7-8	Making ½ turn R transferring weight to RF (7), Making ½ turn R step LF back (8) Make ¼ turn R to start again 6:00

Last Update: 9 Sep 2025