

# 4 Seasons

Count: 32

Wall: 4

Level: Unrated Beginner

Choreographer: Peter Metelnick (UK) - 2005

Music: You've Got a Friend - The Brand New Heavies



(start after 16 count intro)

- 1-8** Walk forward 2, R forward rock & recover with  $\frac{1}{4}$  R, L cross step,  $\frac{1}{2}$  L turn & R cross step, L side point
- 1-2 Step R forward, step L forward
- 3&4 Rock R forward, recover weight on L, turning  $\frac{1}{4}$  right step R to side
- 5 Cross step L over R
- 6&7 Turning  $\frac{1}{4}$  left step R back, turning  $\frac{1}{4}$  left step L to side, cross step R over L
- 8 Point L to side
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- 9-16** L forward, R forward mambo step, L back, R side point,  $\frac{1}{2}$  R monterey & side step, R sailor heel
- 1 Step L forward
- 2&3 Rock R forward, recover weight on L, step R back
- &4 Step L back, point R to side
- 5-6 Turning  $\frac{1}{2}$  right step R together, step L to side
- 7&8 Cross step R behind L, step L to side, touch R heel forward
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- 17-24** Ball cross weave, L sailor heel, ball cross hold, L syncopated vine
- &1-2 Step R back, cross step L over R, step R to side
- 3&4 Cross step L behind R, step R to side, touch L heel forward
- &5-6 Step L back, cross step R over L, hold
- &7 Step L to side, cross step R behind L
- &8 Step L to side, cross step R over L
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- 25-32** L R L toe switches turning  $\frac{1}{4}$  R, R touch together, walk forward 2, R syncopated rock steps turning  $\frac{1}{4}$  R
- 1& Point L toes to L side, step L together
- 2& Point R toes to R side, step R together turning  $\frac{1}{4}$  right
- 3&4 Point L toes to L side, step L together, touch R together
- 5-6 Step R forward, step L forward
- 7& Rock R forward, recover weight on L
- 8& Turning  $\frac{1}{4}$  right rock R back, recover weight on L

**Tag/Restart** - At the end of the 5th wall you will be facing the L side wall. Repeat counts 28-32 the 2 walks forward and the rocking chair to end facing front wall.

**Repeat**