Seasons Over

Count: 64 **Wall:** 4 **Level:** Intermediate
Choreographer: Willie Brown (SCO) & Heather Barton (SCO) - May 2024
Music: Training Season - Dua Lipa

*****3 restarts - See notes below**

Intro; On vocals / 16 counts

SECTION 1 – CROSS, SIDE, SAILOR ¼, PIVOT ½, TURN ½, PONY BACK

1,2	Cross Left over Right, step Right to Right side
3&4	Cross Left behind Right, turn ¼ Left stepping Right to Right side, step forward on Left [9]
5,6	Pivot ½ Right taking weight on Right, turn ½ Right and step back on Left
7&8	Step back on Right hitching Left knee slightly, close Left beside Right, Step back on Right hitching Left knee slightly

SECTION 2 – BACK, POINT, CROSSING SAMBA, CROSS, ¼, ¼, STEP FORWARD WITH SWEEP

1,2	Step back on Left, point Right to Right side
3&4	Cross Right over Left, rock Left to Left side, recover weight on Right
5,6	Cross Left over Right, turn ¼ Left and step back on Right
7,8	Turn ¼ Left and step Left to Left side, step Right forward sweeping Left to front [3]

**** Restart here on walls 2 & 4**

SECTION 3 – CROSS ROCK, SWEEP, BEHIND-SIDE-CROSS, SIDE, DRAG, BALLCROSS, ¼ TURN

1,2	Rock Left over Right, recover back on Left sweeping Left from front to back
3&4	Cross Left behind Right, step Right to Right side, cross Left over Right
5,6	Big step Right to Right side, drag Left towards Right
&7	Quickly close Left beside Right, cross Right over Left
8	Turn ¼ Right and step back on Left [6]

SECTION 4 – BACK, BACK, COASTER STEP, PIVOT ½, PIVOT ¼

1,2	Step back on Right, step back on Left
3&4	Step back on Right, close Left beside Right, step forward on Right
5,6	Step forward on Left, pivot ½ Right taking weight on Right [12]
7,8	Step forward on Left, pivot ¼ Right taking weight on Right [3]

SECTION 5 – CROSS, ¼ TURN, CHASSE, HEEL GRIND, SIDE, BEHIND-SIDE-CROSS

1,2	Cross Left over Right, turn ¼ Left and step back on Right [12]
3&4	Step Left to Left side, close Right beside Left, step Left to Left side
5,6	Cross Right over Left taking weight on Right heel, fan Right toe to Right whilst stepping Left to Left side
7&8	Cross Right behind Left, step Left to Left side, cross Right over Left

SECTION 6 – SIDE ROCK, SAILOR ¼, FORWARD ROCK, ¼ TURN, POINT

1,2	Rock Left to Left side, recover weight on Right
3&4	Cross Left behind Right, turn ¼ Left stepping Right to Right side, step forward on Left [9]
5,6	Rock forward on Right, recover weight back on Left
7,8	Turn ¼ Right and step Right to Right side, point Left toe to Left side [12]

SECTION 7 – FULL ROLLING TURN LEFT WITH POINT, ¾ TURN, ½ SHUFFLE

1,2	Turn ¼ Left and step down on Left, turn ½ Left and step back on Right
3,4	Turn ¼ Left and step Left to Left side, point Right toe to Right side [12]
5,6	Turn ¼ Right and step down on Right, turn ½ Right and step back on Left

7&8	Turn ½ Right and step forward on Right, close Left beside Right, step forward on Right [3]

**Restart here on wall 7

SECTION 8 – CROSSING SAMBA, CROSS SHUFFLE, BACK, KNEE POP, KNEE POP, FLICK

1&2	Cross Left over Right, rock Right to Right side, recover weight on Left
3&4	Cross Right over Left, close Left beside Right, cross Right over Left
5,6	Step back on Left, step Right to Right side turning Left knee in towards Right
7,8	Take weight on Left turning Right knee in towards Left, take weight on Right flicking Left foot back and out towards Left diagonal

...START AGAIN...

RESTARTS;
> Wall 2 you will dance to the end of Section 2 then restart from the beginning facing 6 o'clock
> Wall 4 you will again dance to the end of Section 2 then restart from the beginning restarting facing 12 o'clock
> Wall 7 you will dance until the end of Section 7 restarting facing 9 o'clock

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