Count: 32

Ebene: High Beginner

Choreograf/in: Nelly Wahyuni/Nema (INA) - February 2025 Musik: Training Season - Dua Lipa : (Lyric video)

Start dance after 16C

SEC1: CROSS TOUCH-SAILOR STEP-CROSS-SIDE-CROSS-KICK SIDE

- Touch Rf over Lf, touch Rf to R 1-2
- 3&4 Cross Rf behind Lf, step Lf to L, step Rf to place
- 5-6 Cross Lf over Rf, step Rf to R
- 7-8 Cross Lf over Rf, kick Rf to R

SEC2 : ¹/₂ + ¹/₄ TURN L PIVOT-JAZZBOX

- Step Rf fwd weight on Rf, 1/2 turn L change weight on Lf 1-2
- Step Rf fwd weight on Rf, ¼ turn L change weight on Lf 3-4
- 5-6 Cross Rf over Lf, step Lf back
- 7-8 Step Rf to R, step Lf fwd

SEC3 : SIDE-TOUCH (R/L)-BACK WALK-TOGETHER

- 1-2 Step Rf to R, touch Lf toe in place
- 3-4 Step Lf to L, touch Rf toe in place
- 5-6 Step Rf back, step Lf back
- 7-8 Step Rf back, step Lf next to Rf

(Option 5,6,7 : Grinder step)

SEC4 : SIDE-TOUCH BEHIND (R/L)-SLIDE (BIG STEP)- 1/2 TURN L UNWIND

- 1-2 Step Rf to R, touch Lf behind Rf
- 3-4 Step Lf to L, touch Rf behind Lf
- 5-6 Slide Rf to R while drag on Lf
- 7-8 Cross touch Lf behind Rf weight on Rf, 1/2 turn L change weight on Lf

Restart : On wall 3&6 after 16C On wall 12 after 24C

Enjoy the dance Email : nellygemanema@gmail.com

Last Update - 19 Feb. 2025 - R1





Wand: 4