Count: 64
Wall: 2
Level: Intermediate
Choreographer: Linda Burgess (AUS) - February 2024
Music: Training Season - Dua Lipa


INTRO: 16 COUNTS
[1-8] SIDE/ROCK, RECOVER, BEHIND, SIDE, CROSS, TOUCHES X 4
$1,2,3 \& 4 \quad$ Rock/step $R$ to $R$, recover weight to $L$, cross/step $R$ behind $L$, step $L$ to $L$, cross/step $R$ over $L$
$5,6,7,8 \quad$ Touch $L$ to $L$ side, touch $L$ toe behind $R$, touch $L$ toe to $L$ side, touch $L$ toe behind $R$
[9-16] SIDE/ROCK, RECOVER, CROSS/SHUFFLE, $1 / 4,1 / 2$, PIVOT $1 / 4$
1,2,3\&4 Rock/step L to L, recover weight to R, cross/step L over R, step R to R, cross/step L over R
$5,6,7,8 \quad$ Turn $1 / 4 \operatorname{L}$ \& step back $R$, turn $1 / 2 L$ \& step fwd $L$, step fwd $R$, pivot $1 / 4$ turn $L$
[17-24] CROSS, SIDE, BEHIND, SIDE, CROSS, STEP, TOUCH, SIDE, TOUCH, SIDE, TOUCH
$1,2,3 \& 4 \quad$ Cross/step $R$ over $L$, step $L$ to $L$, cross/step $R$ behind $L$, step $L$ to $L$, cross/step $R$ over $L$
5,6 \& 7 \& 8 $\quad$ Step $L$ to $L$, touch $R$ beside $L$, step $R$ to $R$, touch $L$ beside $R$, step $L$ to $L$, touch $R$ beside $L$
[25-32] PIVOT ½, WALK, WALK, TOE STRUTS FWD WITH HIP STYLING
1,2,3,4 Step fwd R, pivot $1 / 2$ turn $L$, step fwd $R$, step fwd $L$
$5,6,7,8 \quad$ Touch $R$ toe fwd with $R$ hip raised, lower heel, touch $L$ toe fwd with $L$ hip raised, lower heel
( these toe/heels move fwd and feel free to roll hips to $R \& L$ )
[33-40] CROSS, BACK, SIDE SHUFFLE, TOUCHES X 4
1,2,3\&4 Cross/step $R$ over $L$, step back $L$, step $R$ to $R$, step $L$ beside $R$, step $R$ to $R$
$5,6,7,8 \quad$ Touch $L$ toe across $R$ to $R 45$, touch $L$ toe back to $L 45$, touch $L$ toe across $R$ to $R 45$, touch $L$ toe back to L45
[41-48] CROSS, BACK, SIDE SHUFFLE, TOUCHES X 4
1,2,3\&4 Cross/step L over R, step back R, step L to $L$, step $R$ beside $L$, step $L$ to $L$
$5,6,7,8 \quad$ Touch $R$ toe across $L$ to $L 45$, touch $R$ to back to $R 45$, touch $R$ toe across $L$ to $L 45$, touch $R$ toe beside L
[49-56] FULL TURN R , TOUCH, FULL TURN L, SCUFF FWD
$1,2,3,4 \quad$ Turn $1 / 4 R$ \& step fwd $R$, turn $1 / 2 R$ \& step back $L$, turn $1 / 4 R$ \& step $R$ to $R$, touch $L$ beside $R$
$5,6,7,8 \quad$ Turn $1 / 4 L$ \& step fwd $L$, turn $1 / 2 L$ \& step back $R$, turn $1 / 4 L$ \& step $L$ to $L$, scuff $R$ fwd
[57-64] JAZZ BOX CROSS, 4 KNEE POPS
1,2,3,4 Cross/step $R$ over $L$, step back $L$, step $R$ to $R$, cross/step $L$ over $R$
5,6,7,8 Step $R$ to $R$ \& pop $L$ knee, rock to $L$ \& pop $R$ knee, rock to $R$ \& pop $L$ knee, rock to $L$ \& pop $R$ knee (styling- with a rocking motion \& use arms of choice)

## Begin again!

Tags: End of wall $1 \& 2.16$ counts
1,2,3,4 $\quad$ R rocking chair
$5,6,7,8 \quad$ Pivot $1 / 2$ turn $L$, 2 walks fwd
9-16 Repeat first 8 counts of Tag
Restart: Wall 5 (12.00). Dance counts 1-56. Omit the scuff on count 56 , touch $R$ beside $L \&$ Restart (6.00)
Ending: Dance counts 1-64, take a big step to R \& drag L ( $R$ arm up high \& $L$ arm out to side) (1).
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