Linedance Season



Count: 32 Wall: 2 Level: High Beginner

Choreographer: Sven Köhlen (DE) - April 2024

Music: Training Season - Dua Lipa

Intro: 16 Counts



1-2 Step r to side, lift left leg, rock in place with I, lift r knee up.

3&4 step r to side, close I to r. step r to side

5-6 step I to side lift right leg, rock in place with r lift I knee up.

7&8 step I to side, close r to I, step I to side

(9-16) Step turn 2x, end facing 6:00 Jazz box

1-4 step r. in front, rock I in place ¼ to left, 2x

5-8 step r. across r., step l. back, step r. to the side, step l to the front

Restart here at Wall 3 & 6 after 16 counts

(17-24) slide diagonally to r, slide diagonally to l, rocking chair

take a big step with r diagonally forward, close I to r without weight
take a big step with I diagonally forward, close r to I without weight.
step r forward, rock I in place, step r. backward, rock I in place

Restart here at Wall 12 after 24 counts

(25-32) Out-Out, Hold, In-In, Hold, step turn 2x with a full turn to the left

&1-2 Step R fwd to R diagonal. Step L fwd to L diagonal, Hold (clap)

&3-4 Step R back to center, Step L beside R, Hold (clap)

5-8 step r in front, rock I in place ½ turn to the left, 2x (full turn)

Restarts:

Wall 3 & 6 after 16 Counts Wall 12 after 24 Counts

Note: You can add arms during rocks and step turns if you like.

Enjoy!

