

Linedance Season

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 2

Level: High Beginner

Choreographer: Sven Köhlen (DE) - April 2024

Music: Training Season - Dua Lipa



Intro: 16 Counts

(1-8) Side rock with leg curl, shuffle to side, side rock with leg curl, shuffle to side

- 1-2 Step r to side, lift left leg, rock in place with l, lift r knee up.
- 3&4 step r to side, close l to r. step r to side
- 5-6 step l to side lift right leg, rock in place with r lift l knee up.
- 7&8 step l to side, close r to l, step l to side

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

- 1-4 step r. in front, rock l in place $\frac{1}{4}$ 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

- 1-2 take a big step with r diagonally forward, close l to r without weight
- 3-4 take a big step with l diagonally forward, close r to l without weight.
- 5-8 step r forward, rock l in place, step r. backward, rock l 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 l in place $\frac{1}{2}$ 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!
