

# Training Season

**COPPER** KNOB  
STEPSHEETS

Count: 64

Wall: 0

Level: Phrased Intermediate

Choreographer: Natalie Rodriguez (USA) & Ashlie Garrett (USA) - April 2024

Music: Training Season - Dua Lipa



**Intro - 16 counts Start on Lyrics**

**Dance sequence: A, A, TAG, B, B, TAG, A, A, B, B, B, TAG, Counts 1-4 of TAG, FULL TURN, B, B**

## **PART A**

**[1-8] R KICK, L TAP BEHIND, TURN 3/4 LEFT, R HIP POP, SWEEP L, SWEEP R**

- 1&2 Kick R foot forward, step R next to L, tap L toe behind R foot
- 3-4 Step L forward, turn 3/4 over L shoulder placing R foot next to L
- 5-6 Slide L foot back, pop R hip
- 7-8 Shift weight to R foot, sweep L foot front to back, shift weight to L foot, sweep R foot front to back

**[9-16] L HIP POP, COASTER STEP, R ROCK & RECOVER, L GRAPEVINE**

- 1-2 Pop L hip
- 3&4 L steps back, R steps besides L, L steps forward
- 5-6 Step R out to the R side, lean weight onto foot
- 7&8 Step L out to the side, cross R behind L, L steps besides R, R cross in front of L

**[17-24] L ROCK & RECOVER, R GRAPEVINE, WALK, WALK, R HEEL GRIND 1/4 TURN**

- 1-2 Step L out to the L side, lean weight onto foot
- 3&4 Step L back, place R next to L, L cross over R
- 5-6 Step R forward, step L forward
- 7-8 Step R heel forward and 1/4 to the right

**[25-32] COASTER STEP, L HEEL GRIND 1/4 TURN, COASTER STEP, HEEL CLICK**

- 1&2 R steps back, L steps besides R, R steps forward
- 3-4 Step L heel forward and 1/4 to the left
- 5&6 L steps back, R steps besides L, L steps forward
- 7-8 Step R next to L, click both heels together

## **TAG**

**[1-8] 2 STEPS FORWARD, 2 STEPS BACK, R KICK BALL CHANGE, R KICK BALL CHANGE**

- 1-2 Step R forward, step L forward
- 3-4 Step R back, step L back ( forming a box )
- 5&6 Kick R forward, step back R, step L in place to shift weight
- 7&8 Kick R forward, step back R, step L in place to shift weight

**[9-16] R WIZARD, L WIZARD, STOMP KICK 1/2 TURN**

- 1&2 Step out R, L steps behind R, R steps besides L
- 3&4 Step out L, R steps behind L, L steps besides R
- 5-6 Stomp R next to L, kick R out forward
- 7-8 Kick R behind, 1/2 turn over R shoulder (on L foot, R foot should still be up)

## **PART B**

**[1-8] BODY ROLL, R PONY STEP, BOX STEP**

- 1-2 Step R forward, body roll
- 3&4 Pop R knee up, Tap R foot down, Lift L foot up and down to shift weight, Repeat
- 5-6 Cross R over L, step L back while 1/4 turn over R shoulder
- 7-8 Step R next to L, Step L forward

**[9-16] OUT OUT IN IN, PIVOT HALF TURN, STOMP R, STOMP L, HIP SWAY**

&1&2            Step R out, step L out, step R in, step L in  
3-4            Step R forward, pivot 1/2 turn  
5-6            Stomp R, Stomp L  
7-8            Swap hips to L, sway hips to R

**[17-24] L WIZARD, R WIZARD, R LEAN FORWARD, 3/4 TURN RIGHT**

1&2            R steps behind L, L steps besides R  
3&4            L steps behind R, R steps besides L  
5-6            Step R forward, lean weight  
7-8            Step L, use R foot for 3/4 turn over right shoulder

**[25-32] L KICK FORWARD & OUT, R KICK FORWARD & OUT, L TOE GRIND, COASTER STEP**

1&2            Kick L forward, place L next to R, point R out to the side  
3&4            Kick R forward, place R next to L, point L out to the side  
5-6            Grind left toe forward  
7&8            L steps back, R steps besides L, L steps forward

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