Training Season

Compte: 32 **Mur:** 4 **Niveau:** High Beginner
Chorégraphe: Siwon KIM (KOR) - February 2024
Musique: Training Season - Dua Lipa

***1 Restart: (3:00)**

intro) 16c

S1) V-STEP WITH ARMS STRETCH, POSE

1 2	RF side & R arm stretch to right LF side & L arm stretch to left
3 4	RF step in arm stretch up LF step in arm stretch up
5678	pose with hands raised

S2) WALK, SHUFFLE, KICK BALL POINT

1 2	RF fwd walk, LF fwd walk
3&4	R fwd shuffle
5&6	L kick ball side point
7&8	R kick ball side point

S3) R½ POINT WITH HIP ROLLING

1 2	R½turn RF point with Right pelvis rolling to R
3 4	Right pelvis rolling to R
5 6	Right pelvis rolling to R
7 8	Right pelvis rolling to R

S4) STEPS, R SWIVET, TOE STRUT, R¼ TOE STRUT

1 2	RF step, LF step
3&4	hold, RF heel-LF toe, recover
5 6	RF toe fwd touch- drop down
7 8	R¼turn LF fwd toe touch- drop down

Last Update - 25 Feb. 2024 - R1