

# Training Season

**COPPER** KNOB  
STEPSHEETS

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Jo Rosenblatt (AUS) - May 2024

Musique: Training Season - Dua Lipa : (iTunes)



**Start: 16 Count Intro, Feet together, Weight on left**

## **Camel, Tap, Vine with ¼ Turn, Scuff**

- 1 2 Step R to right diagonal, Step L beside right
- 3 4 Step R to right diagonal, Tap L beside right
- 5 6 Step L to left, Step R behind left
- 7 8 Turn 90° left step L forward, Scuff R beside left (9)

## **Forward, Rock, Shuffle Back, Back, Rock, Shuffle Forward**

- 1 2 Step R forward, Rock/Recover back onto L
- 3&4 Shuffle back: R L R
- 5 6 Step L back, Rock/Recover forward onto R
- 7&8 Shuffle forward: L R L \*\* RESTARTS 1 & 2

## **Step, Paddle, Step, Paddle, Out-Out, Clap, Back-Back, Clap**

- 1 2 Step R forward, Turn 90° left stepping L to left (6)
- 3 4 Step R forward, Turn 90° left stepping L to left (9)
- &5 6 Step R out to right diagonal, Step L out to left diagonal, Hold & Clap
- &7 8 Step R back to the centre, Step L beside right, Hold & Clap ## RESTART 3

## **Rocking Chair, Toe Strut, Toe Strut**

- 1 2 Step R forward, Rock/Recover back onto L
- 3 4 Step R back, Rock/Recover forward onto L
- 5 6 Step R Toe forward, Drop R heel down clicking fingers
- 7 8 Step L toe forward, Drop L heel down clicking fingers

**START DANCE AGAIN IN NEW DIRECTION**

## **RESTARTS 1 & 2**

Wall 3 and Wall 6: Dance to Count 16 \*\* and restart the dance facing 3 o'clock & 6 o'clock respectively.

## **RESTART 3**

Wall 12: Dance to Count 24 ## and restart the dance facing 12 o'clock.

## **FINISH**

Wall 14: Dance to Count 28 then do the 2 Toe Struts turning to the front wall then Stomp R to right to finish the dance at the front wall.

**Enjoy!!!!**

Free to be copied provided no changes are made to the original choreography.  
Jo Rosenblatt 0417 074218 [errolandjo@bigpond.com](mailto:errolandjo@bigpond.com)