

Training Seasons Over

COPPER KNOB
STEPSHEETS

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Zihu Kim (KOR) - May 2025

Musique: Training Season - Dua Lipa



intro : 16count

****3 Restarts:-**

***3w 16count after**

***6w 16count after**

***12w 24count after**

S1 Cross touch step, Side touch step, Sailor ¼ turn, Fwd rock&recover, Shuffle turn ½

- 1,2 Cross touch Rf over Lf, touch Rf on Rf side
- 3&4 Turn 1/4 Rf as cross Rf behind Lf, step Lf together, step Rf fwd (03:00)
- 5,6 Rock Lf fwd, recover back onto Rf
- 7&8 Shuffle step forward making ½ turn left, stepping. Lf, Rf, Lf (09:00)

S2 Kick ball side point, Drag step, Fwd sweep, Rock&recover

- 1&2 Kick Rf fwd, step Rf to Rf side, side point Lf to Lf side
- 3,4 Drag Lf to Rf side
- 5,6 Step fwd on Lf, Sweep Rf around from back to front
- 7,8 Rock Rf fwd, recover Lf onto

S3 Shuffle turn 1/8, Pivot ½, Jazzbox 1/8 turn touch

- 1&2 Step Rf diagonal, step Lf beside Rf, step Rf fwd
- 3,4 Step Lf forward. pivot ½ turn (4:30)
- 5,6,7,8 Cross Lf over Rf, turn 1/8 Lf stepping Rf back, step Lf to Lf side, touch Rf beside Lf (03:00)

S4 Side rock&recover, Behind-side-cross, Scissor Step

- 1,2,3&4 Rock Rf out to Rf side, recover weight onto Lf, cross Rf behind Lf, step Lf to Lf side, cross Rf over Lf
- 5,6,7,8 Step Lf to Lf, step Rf beside Lf, cross Lf over Rf, hold.