

Training Season

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jo Rosenblatt (AUS) - May 2024
音乐: 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.
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