

Training Season EZ

COPPER KNOB
STEPSHEETS

拍數: 32

牆數: 4

級數: Absolute Beginner / Beginner - Line
/ contra



編舞者: Angéline Fourmage (FR) & Maryse Fourmage (FR) - 15 June 2024

音樂: Training Season - Dua Lipa

Wall: 4 (or 2 or circle with ½ R)

Choreography written for a request for an initiation

Start: 16 count – On the lyrics

No Tag – No Restart

(*Option arms: Watch the video)

[1-8] Point, Side, Point, Side, V-Step (* Option ARMS MOVEMENTS)

- 1-2 Point RF over LF, RF to the R side
- 3-4 Point LF over RF, LF to the L side
- 5-6 RF FW on R diagonal, LF FW on L diagonal
- 7-8 LF Back, RF next to LF

[9-16] Circle ¼ R*, Hold (Option: Bump)**

- 1-2-3-4 Walk on circle ¼ R (*Option ½ R): R, L, R, LF next to RF
- 5-6-7-8 Hold (**Option Bump) (Make Reels with your hands)

[17-24] Walk, Out, Out, Clap, In, In, Clap

- 1-2-3-4 Walk FW: R, L, R, LF next to RF
- &5-6 Out RF FW on R diagonal, Out LF FW on L diagonal, Clap
- &7-8 RF Back, LF next to RF, Clap

[25-32] R Vine, Flick, L Vine, Flick (* Option: ARMS MOVEMENTS)

- 1-2 RF to the R side, LF behind RF
- 3-4 RF to the R side, Flick LF behind RF**(Final)
- 5-6 LF to the L side, LF behind RF
- 7-8 LF to the L side, Flick RF behind LF

****Final (28 counts): Start first vine and make ¼L**

- 1-2 RF to the R side, LF behind RF
- 3-4 Make 1/4 L with RF back, L hitch FW

Smile et enjoy the dance

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