

# Training Season

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Absolute Beginner / Beginner  
編舞者: Sandra Moschel (FR) - 29 August 2024  
音樂: Training Season - Dua Lipa



## [1-8] Side Point - Cross point - Side Point - Hook back - Vine (R) - Brush

- 1-2      Point RF to the right - Point RF in front of LF
- 3-4      Point RF to the right - Cross RF behind LF
- 5-6      RF to the right - LF behind LF
- 7-8      RF to the right - Rub the sole of the LF on the ground

## [9-16] Side Point - Cross Point - Side Point - Hook back - Vine (L) - Brush

- 1-2      Point LF to the left - Point LF in front of LF
- 3-4      Point LF to the left - Cross LF behind LF
- 5-6      LF to the left - LF behind LF
- 7-8      Left Left - Rub the sole of the RF on the ground \*

## [17-24] Rocking Chair x2

- 1-2      RF forward with support - Return support on the left
- 3-4      RF back with support - Return support on the left
- 5-6      RF forward with support - Return support on the left
- 7-8      RF back with support - Return support on the left \*\*

## [25-32] Paddle 1/4 turn (L) x2 - Step fwd - Touch – Step back - Touch

- 1-2      RF sole forward - Pivot 1/4 turn to the left
- 3-4      RF sole forward - Pivot 1/4 turn to the left
- 5-6      RF forward - Touch LF to RF
- 7-8      LF back - Touch LF to RF

### Restarts:

\* At wall 3 and 6 - After the 2nd section

\*\* At wall 12 - After the 3rd section

Final: At wall 15: Point PD to the right - Cross in front PG and roll out to finish at 12 o'clock.

The "Rocking Chair" can be done by jumping and the Vines by "Rolling Vine" And instead of "Brush" of "Hook" or "Hitch" (For more Fun!!!!) - Enjoy!!!

(For more Fun !!!!!) - Enjoy !!!

Envoyer des commentaires

Panneaux latéraux

Historique

Enregistrées

Last Update: 31 Aug 2024