

Training Seasons Over

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Zihu Kim (KOR) - May 2025
音樂: 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.