

# Training Season

**COPPER** **KNOB**  
BY STEPHEN

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Siwon KIM (KOR) - February 2024

Music: Training Season - Dua Lipa



**\*1 Restart: (3:00)**

intro) 16c

## S1) V-STEP WITH ARMS STRETCH, POSE

1 2 RF side & R arm stretch to right LF side & L arm stretch to left

3 4 RF step in arm stretch up LF step in arm stretch up

5 6 7 8 pose with hands raised

## S2) WALK, SHUFFLE, KICK BALL POINT

1 2 RF fwd walk, LF fwd walk

3&4 R fwd shuffle

5&6 L kick ball side point

7&8 R kick ball side point

## S3) R $\frac{1}{2}$ POINT WITH HIP ROLLING

1 2 R $\frac{1}{2}$ turn RF point with Right pelvis rolling to R

3 4 Right pelvis rolling to R

5 6 Right pelvis rolling to R

7 8 Right pelvis rolling to R

## S4) STEPS, R SWIVET, TOE STRUT, R $\frac{1}{4}$ TOE STRUT

1 2 RF step, LF step

3&4 hold, RF heel-LF toe, recover

5 6 RF toe fwd touch- drop down

7 8 R $\frac{1}{4}$ turn LF fwd toe touch- drop down

Last Update - 25 Feb. 2024 - R1