

Training Season, It's Over

COPPER KNOB
STEPSHEETS

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Lieren King (USA) - January 2025

Musique: Training Season - Dua Lipa



***3 Restarts: Walls 3, 6, 12

INTRO 16 cts

S1 [1-8] 2 Sweeps Backwards, Weave, $\frac{3}{4}$ Turn, $\frac{1}{2}$ Triple Turn

1, 2 Step R while sweeping L to back, Step L while sweeping R to back
3&4 (Traveling L) R back, L side, R cross front over L
5, 6 $\frac{1}{4}$ L turn onto fwd L (9:00) continue $\frac{1}{2}$ turn onto R back (3:00)
7&8 continue traveling $\frac{1}{2}$ L turn L-R-L (9:00)

S2 [9-16] $\frac{1}{2}$ Pivot Turn, Shuffle Fwd, modified V-Step w/ Coaster Step

1, 2 R fwd, $\frac{1}{2}$ L turn onto L (3:00)
3&4 traveling fwd R-L-R
5, 6 L fwd diagonal, R fwd diagonal
7&8 L back, R next to L, L fwd

***Restart here on Walls 3 & 6

S3 [17-24] V Step w/ Heels-Step-Cross, $\frac{1}{4}$ turn side step, $\frac{1}{2}$ Pivot Turn, Shuffle fwd, Crossing Rock-step

&1&2 "Out-Out-Back-Cross" R heel fwd diagonal, L heel fwd diagonal, R back, L Cross over R
3, 4, 5 $\frac{1}{4}$ R turn onto R side (6:00), L fwd, $\frac{1}{2}$ R turn onto R fwd (12:00)
6&7 traveling fwd L-R-L
8& Cross R over L, Recover weight on L

***Restart here on Wall 12.

S4 [25-32] Side Rock -step, Crossing Rock - step, Slide-Drag, Cross Rock -step, $\frac{3}{4}$ R Turn

1&2& - Rock R to side, Recover weight on L, Rock R over L, Recover weight on L
3, 4 - large R step to side sliding the L in (no weight on L)
5& - Cross Rock L over R, Recover weight on R
6, 7, 8 - $\frac{1}{4}$ L turn onto L fwd, $\frac{1}{4}$ L turn onto R side, $\frac{1}{4}$ L turn onto L back (3:00)