

Training Season

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4
编舞者: Siwon KIM (KOR) - February 2024
音乐: 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