

# Training Season

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Improver  
编舞者: W.L.D. (KOR) - March 2024  
音乐: Training Season - Dua Lipa



## Section 1 - Walk fwd R L, 1/4 L ball cross, 1/4 R fwd, L fwd, 1/4 R, cross samba

1 2            step R fwd, step L fwd  
&3 4        turn 1/4 R stepping R side (9:00), L cross over R, turn 1/4 R stepping R fwd (12:00)  
5 6            step L fwd, turn 1/4 R stepping R side (3:00)  
7&8        cross L, R side rock, recover on L

## Section 2 - 1/4 R jazzbox cross, body sway RLR, 1/4 L hitch

1 2 3 4        cross R, turn 1/4 R stepping L back, step R side, cross L (6:00)  
5 6 7        step R to side swaying body R L R  
8            turn 1/4 L hitching L (3:00)

## Section 3 - L fwd, touch, fwd, touch, back, touch, 1/4 R side, brush

1 2            step L fwd, touch R next to L  
3 4            step R fwd to R diag., touch L next to R  
5 6            step L back, touch R next to L  
7 8            turn 1/4 R stepping R side, brush L cross (6:00)

## Section 4 - L cross rock, recover, 1/4 L shuffle fwd, R fwd, 1/2 L pivot, R fwd, 1/4 L pivot

1 2            L cross rock, recover on R  
3&4        step L side, step R next to L, turn 1/4 L stepping L fwd (3:00)  
5 6            step R fwd, turn 1/2 L stepping L fwd (9:00)  
7 8            step R fwd, turn 1/4 L stepping L side (6:00)

Restart – 1 happens during wall 3 & 6

Dance up to 16 count / count 16 is to be sway L (instead of hitch)

Restart – 2 happens during wall 12

Dance up to 24 count / count 24 is to be stepping together (instead of brush)