

# Training Season

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: David Ang (MY) - April 2024  
音乐: Training Season - Dua Lipa



Intro: 16 counts (approx 8 secs)

Notes: Restarts on Wall 3 & 6 after 16 counts, on Wall 12 after 24 counts

## [1 - 9] Side, Walk, Walk, Side Rock Forward, Pivot ½ R, Mambo Forward

1 - 3            Step L to L side (1), step R forward (2), step L forward (3) 12:00  
4 & 5           Rock on ball of R to R side (4), recover on L (&), step R forward (5) 12:00  
6 - 7           Step L forward (6), pivot ½ turn R shifting weight on R (7) 6:00  
8 & 1           Rock L forward (8), recover on R (&), step L back (1) 6:00

## [10 - 16] Back Rock, ½ L Step Lock Step, Batucada Steps, Back Rock

2 - 3            Rock R back (2), recover on L (3) 6:00  
4 & 5           ¼ turn L step R to R side (4), lock L across R (&), ¼ turn L step R back (5) 12:00  
6 &            Step L back (6), press R forward and roll hip CW (&) 12:00  
                  **Option: touch R toes forward (&)**  
7 &            Step R back (7), press L forward and roll hip CCW (&) 12:00  
                  **Option: touch L toes forward (&)**  
8 &            Step L back (8), recover on R (&) 12:00

\* Restart here on Wall 3 and Wall 6. Start the dance facing 6:00 and 12:00 respectively

## [17 - 24] Side Cross, Recover Sweep, Behind, Recover, Side, Cross Recover, ¼ L Sweep, Behind, Recover

1 - 3            Step L to L Side (1), Cross R over L (2), recover on L and sweep R from front to back (3) 12:00  
4 & 5           Step R back (4), recover on L (&), step R to R side (5) 12:00  
6 - 7           Cross L over R (6), recover on R and sweep L from front to back (7) 12:00  
8 &            ¼ turn L step back on L (8), recover on R (&) 9:00

\* Restart here on Wall 12, start the dance facing 6:00

## [25 - 32] Walk R-L-R, Out Out, In, Forward Pivot ½ R, ½ R Sweep, Behind

1 - 3            Step L forward (1), step R forward (2), step L forward (3) 9:00  
& 4 & 5           Step R to R side (&), step L to L side (4), step R in (&), step L forward (5) 9:00  
6 - 8           Pivot ½ R turn step R forward (6), ½ R turn step L back sweep R from front to back (7), step R behind L (8) 9:00

Last Update: 31 Mar 2024