

Training Season's Over

COPPER KNOB
BY STEPHEN

拍数: 48
编舞者: Rae J Lee (KOR) - April 2024
音乐: Training Season - Dua Lipa

级数: Phrased Intermediate



Intro: 16 counts

Sequence : AAB AAB AAAAA BB8 AA

PART A. 32c

Sec1. Rock, Recover 1/8R Sweep, Anchor step, Out-Out, Touch, Side with toes fan out, Behind, Side

1 2 Rock R fwd(1), Recover on L with turn 1/8R sweep R from front to back(2)12:00
3&4 Lock R behind L(3), Step in place on L(&), Step back on R(4)
&5 6 Step L out to L side(&), Step R out to R side(5), Touch L next to R(6)
7 8& Step L to L side grinding R heel ,toes fanning R(7), Step R behind L(8), Step L to L side(&)

Sec2. Cross, Side Rock, Behind, Side Rock, Weave step

1 2 3 Cross R over L(1), Rock L to L side(2), Recover on R(3)
4 5 6 Cross L behind R(4), Rock R to R side(5), Recover on L(6)
7&8 Cross R behind L(7), Step L to L side(&), Cross R over L(8)

Sec3. Side Point, Hold, Close, Montrey 1/4R, Dorothy Step, Side, Touch

1 2& Point L to L side(1), Hold(2), Step Together on L(&)
3 4 Point R to R side(3), Turn 1/4 R bringing R next to L(4)3:00
5 6& Step L to L diagonal(5), Lock R behind L(6), Step L to L diagonal (&)
7 8 Step R to R side(7), Touch L next to R(8)

Ses4. Slightly Step back/Hip push*2, 1/8 R Step back/Hip push, Coaster Step, Side Rock, Fwd

1 2 3 Step L slightly back hip push and lifting R toes with heel still on floor(1), Step R slightly back hip push and lifting L toes with heel still on floor(2), Turn 1/8R Step back on L hip push and lifting R toes with heel still on floor(3)4:30
4&5 Step back on R (4), Step L next to R(&), Step fwd on R(5)4:30
6 7 8 Rock L to L side(6), Recover on R(7), Step fwd on L(8)4:30

PPART B. 16c

SEC 1. 5/8L Diamond Fallaway

1 2 3 4 Start the facing 10:30/Step fwd on R(1-2), Step fwd on L (3), Turn 1/8 L Step R to R side (4)9:00
5 6 7 8 Turn 1/8L Step back on L (5-6)7:30, Step back on R(7), Turn 1/8L Step L to L side(8)6:00

Sec2. Cross, Out Point, hold, Step Fwd, 1/2 L Step Back / Sweep, Sailor step 1/8L

1 2 3 Cross R over L(1), Point L to L side(2), Hold(3)
4 5 6 Step fwd on L (4), Turn 1/2L Step back on R sweeping L out to L side(5-6)12:00
7&8 Step L behind R(7), Turn 1/8L Ball Step R to R side(&)10:30, Step L to L side(8)

HAVE FUN DANCING TOGETHER ♥□

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