

Training Season

拍数: 32 墙数: 4 级数: Improver
编舞者: Arizona FOX (FR) - May 2024
音乐: Training Season - Dua Lipa



Intro 16 counts

Restart at wall 10 after 24 counts

Tag 16 counts at the end of the wall 2 and at the end of the wall 4

Section 1 Step R Diagonal R Fwd, Touch L next to R, Shuffle diag. Fwd L, Step R Fwd, 1/4 Turn, Cross Shuffle,

1 - 2 R F diagonally before R, touch toe LF next to RF
3 & 4 Shuffle LF, RF, LF diagonally before L
5 - 6 Step RF forward, 1/4 turn to L,
7 & 8 Cross RF over LF, LF to the L, Cross RF over LF

Section 2 Side Rock L, Sailor 1/4, Step Cross R Fwd, Point L to L, Step Cross L Fwd, Point R to R

1 - 2 LF to the L, bring body weight to the RF
3 & 4 LF crossed behind RF making a 1/4 turn, & RF to the R, LF to the L
5 - 6 Cross RF in front of LF, Toe of LF to L
7 - 8 Cross LF in front of RF, Toe of RF to R

Section 3 Step R over L, 1/4 Turn R, Coaster Step, Rock Step L Fwd, Shuffle 1/2 Turn

1 - 2 Cross RF over LF, 1/4 turn to R putting LF behind RF
3 & 4 RF behind, LF next RF, RF forward
5 - 6 LF forward, bring body weight to the RF
7 & 8 Shuffle 1/2 turn LF, RF, LF

Restart here

Section 4 Jazz Box, Step Touch, Step Touch

1 - 2 - 3 - 4 Cross RF over LF, Step back LF behind RF, RF to R, LF forward
5 - 6 Step R diagonally forward R, Touch LF next RF
7 - 8 Step L diagonally back L, Touch RF next LF

Tag 16 counts

Section 1 Mambo Back, Mambo R, Paddle Turn

1 - 2 - 3 - 4 RF back, Recover, RF side, Recover
5 - 6 - 7 - 8 RF forward, 1/4 turn to the L, RF forward, 1/4 turn to the L

Section 2 Jazz Box, Paddle Turn

1 - 2 - 3 - 4 Cross RF over LF, Step back LF behind RF, RF to R, LF forward
5 - 6 - 7 - 8 RF forward, 1/4 turn to the L, RF forward, 1/4 turn to the L

Finish the dance of wall 12 with 2 counts :

RF to R, LF next to the RF

ENJOY & HAVE FUN !!!!