

# Training Season

**COPPER** **KNOB**  
STEPSHEETS

拍數: 32      牆數: 4  
編舞者: Siwon KIM (KOR) - February 2024  
音樂: 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