

# Training Season

COPPER KNOB  
BY SHEETS

拍數: 64      牆數: 4      級數: Phrased Intermediate  
編舞者: Chiloni Huffman (USA) - February 2024  
音樂: Training Season - Dua Lipa



## # 16 count intro

### PHRASE A: 32c

#### {1-8} STEP BACK OUT, STEP BACK OUT, 1/4 TURN, 1/4 TURN, REPEAT BACK TO FRONT

1,2,3,4      RF diagonal back (1), LF diagonal back (2), RF ¼ turn to R (3), ¼ turn R LF TOG w/RF (4)  
5,6,7,8      RF diagonal back (5), LF diagonal back (6), RF ¼ turn to R (7), ¼ turn R LF TOG w/RF (8)

#### {9-16} OUT OUT ¼ TURN IN IN (2X), ¼ TURN OUT OUT, HOLD, HIP ROLLS

&1,&2,&3,&4      RF to R side (&), LF to L side(1), RF ¼ turn L(&) LF TOG w/RF (2), ¼ turn L RF to R side(&),  
LF to L side (3), RF ¼ turn L (&) LF TOG w/RF (4),  
&5,6,7,8      ¼ turn L LF forward (&) LF back (5), Hold (6), ¼ turn L hip L (7), ¼ turn L Hip roll to R (8)

**Note: Knee bend on IN IN**

#### {17-24}SIDE TOG LOCK SHUFFLE FORWARD, STEP ½ PIVOT, ½ TURN TRIPLE

1,2,3,&4      Step RF to R (1), step LF to R (2), step RF forward (3), step LF cross behind RF (&), step RF  
forward (4)  
5,6,7,&8      LF forward (5), ½ turn R RF forward (6), ½ turn R LF back (7), RF TOG w/LF (&), LF step  
down TOG w/RF (8)

#### {25-32}ROCK RECOVER BACK, ½ TRIPLE TURN, REPEAT BACK TO FRONT

1,2,3,&4      RF back (1), LF forward (2), ½ turn L RF back (3), LF TOG w/RF (&) RF step down TOG w/L  
(4)  
5,6,7,&8      LF back (5), RF forward (6), ½ turn R LF down (7), RF TOG w/LF(&) LF down TOG w/RF (8)

### PHRASE B: 32c

#### {33-40}WEAVE W/PIVOT

1,2,3,4      RF behind LF (1), LF ¼ turn L (2), RF FOR (3), ½ pivot L (4)  
5,6,7,8      ¼ turn L, RF to R (5), RF behind LF (6), RF to R (7), LF TOG w/RF (8)

#### {41-48}DIAG STEP STEP SHUFFLE, DIAG LEFT STEP TOG STEP HITCH

1,2,3,&4      RF DIAG forward (1), LF DIAG forward (2), RF forward (3), LF TOG RF, (&) RF forward (4)  
5,6,7,8      LF DIAG forward (5), RF to LF (6), LF forward (7), RF TOG w/LF low hitch RF (8)

#### {49-56}SHUFFLE BACK R, STEP DRAG L HITCH, ROLLING VINE

1,&,2,3,&4      RF back (1), LF TOG w/RF (&), RF back (2) LF back (3), RF TOG w/LF (&) LF back (4)  
5,6,7,8      ¼ turn R RF forward (5), ½ turn R LF back (6), ¼ R RF side (7), LF crosses over RF (8),

#### {57-64}SIDE ROCK FULL TRIPLE TURN, SIDE ROCK ¼ SHUFFLE BACK

1,2,3,&4      RF to side (1), rock to LF (2), ½ turn R (3) ¼ turn R LF TOG w/RF (&), ¼ turn RF forward (4)  
5,6,7,&8      LF to side (5), ¼ turn R, step down on RF (6), LF TOG w/RF (7) RF TOG w/LF (&) LF step  
back (8)

**END OF DANCE ON WALL 5:**

**SIDE ROCK RECOVER FULL TRIPLE TURN TO FRONT W/NO ¼ TURN**

Please contact [Chiloni579@aol.com](mailto:Chiloni579@aol.com) for any questions, errors or revisions