

# Training Season

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 0      級數: Phrased Intermediate  
編舞者: Natalie Rodriguez (USA) & Ashlie Garrett (USA) - April 2024  
音樂: Training Season - Dua Lipa



Intro - 16 counts Start on Lyrics

Dance sequence: A, A, TAG, B, B, TAG, A, A, B, B, B, TAG, Counts 1-4 of TAG, FULL TURN, B, B

## PART A

**[1-8] R KICK, L TAP BEHIND, TURN 3/4 LEFT, R HIP POP, SWEEP L, SWEEP R**

1&2      Kick R foot forward, step R next to L, tap L toe behind R foot  
3-4      Step L forward, turn 3/4 over L shoulder placing R foot next to L  
5-6      Slide L foot back, pop R hip  
7-8      Shift weight to R foot, sweep L foot front to back, shift weight to L foot, sweep R foot front to back

**[9-16] L HIP POP, COASTER STEP, R ROCK & RECOVER, L GRAPEVINE**

1-2      Pop L hip  
3&4      L steps back, R steps besides L, L steps forward  
5-6      Step R out to the R side, lean weight onto foot  
7&8      Step L out to the side, cross R behind L, L steps besides R, R cross in front of L

**[17-24] L ROCK & RECOVER, R GRAPEVINE, WALK, WALK, R HEEL GRIND 1/4 TURN**

1-2      Step L out to the L side, lean weight onto foot  
3&4      Step L back, place R next to L, L cross over R  
5-6      Step R forward, step L forward  
7-8      Step R heel forward and 1/4 to the right

**[25-32] COASTER STEP, L HEEL GRIND 1/4 TURN, COASTER STEP, HEEL CLICK**

1&2      R steps back, L steps besides R, R steps forward  
3-4      Step L heel forward and 1/4 to the left  
5&6      L steps back, R steps besides L, L steps forward  
7-8      Step R next to L, click both heels together

## TAG

**[1-8] 2 STEPS FORWARD, 2 STEPS BACK, R KICK BALL CHANGE, R KICK BALL CHANGE**

1-2      Step R forward, step L forward  
3-4      Step R back, step L back ( forming a box )  
5&6      Kick R forward, step back R, step L in place to shift weight  
7&8      Kick R forward, step back R, step L in place to shift weight

**[9-16] R WIZARD, L WIZARD, STOMP KICK 1/2 TURN**

1&2      Step out R, L steps behind R, R steps besides L  
3&4      Step out L, R steps behind L, L steps besides R  
5-6      Stomp R next to L, kick R out forward  
7-8      Kick R behind, 1/2 turn over R shoulder (on L foot, R foot should still be up)

## PART B

**[1-8] BODY ROLL, R PONY STEP, BOX STEP**

1-2      Step R forward, body roll  
3&4      Pop R knee up, Tap R foot down, Lift L foot up and down to shift weight, Repeat  
5-6      Cross R over L, step L back while 1/4 turn over R shoulder  
7-8      Step R next to L, Step L forward

**[9-16] OUT OUT IN IN, PIVOT HALF TURN, STOMP R, STOMP L, HIP SWAY**

&1&2 Step R out, step L out, step R in, step L in  
3-4 Step R forward, pivot 1/2 turn  
5-6 Stomp R, Stomp L  
7-8 Swap hips to L, sway hips to R

**[17-24] L WIZARD, R WIZARD, R LEAN FORWARD, 3/4 TURN RIGHT**

1&2 R steps behind L, L steps besides R  
3&4 L steps behind R, R steps besides L  
5-6 Step R forward, lean weight  
7-8 Step L, use R foot for 3/4 turn over right shoulder

**[25-32] L KICK FORWARD & OUT, R KICK FORWARD & OUT, L TOE GRIND, COASTER STEP**

1&2 Kick L forward, place L next to R, point R out to the side  
3&4 Kick R forward, place R next to L, point L out to the side  
5-6 Grind left toe forward  
7&8 L steps back, R steps besides L, L steps forward

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