

Training Season

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
