

# Training Season

COPPERKNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Jo Rosenblatt (AUS) - May 2024  
音樂: Training Season - Dua Lipa : (iTunes)



**Start: 16 Count Intro, Feet together, Weight on left**

## Camel, Tap, Vine with ¼ Turn, Scuff

1 2            Step R to right diagonal, Step L beside right  
3 4            Step R to right diagonal, Tap L beside right  
5 6            Step L to left, Step R behind left  
7 8            Turn 90° left step L forward, Scuff R beside left (9)

## Forward, Rock, Shuffle Back, Back, Rock, Shuffle Forward

1 2            Step R forward, Rock/Recover back onto L  
3&4            Shuffle back: R L R  
5 6            Step L back, Rock/Recover forward onto R  
7&8            Shuffle forward: L R L \*\* RESTARTS 1 & 2

## Step, Paddle, Step, Paddle, Out-Out, Clap, Back-Back, Clap

1 2            Step R forward, Turn 90° left stepping L to left (6)  
3 4            Step R forward, Turn 90° left stepping L to left (9)  
&5 6            Step R out to right diagonal, Step L out to left diagonal, Hold & Clap  
&7 8            Step R back to the centre, Step L beside right, Hold & Clap ## RESTART 3

## Rocking Chair, Toe Strut, Toe Strut

1 2            Step R forward, Rock/Recover back onto L  
3 4            Step R back, Rock/Recover forward onto L  
5 6            Step R Toe forward, Drop R heel down clicking fingers  
7 8            Step L toe forward, Drop L heel down clicking fingers

## START DANCE AGAIN IN NEW DIRECTION

### RESTARTS 1 & 2

Wall 3 and Wall 6: Dance to Count 16 \*\* and restart the dance facing 3 o'clock & 6 o'clock respectively.

### RESTART 3

Wall 12: Dance to Count 24 ## and restart the dance facing 12 o'clock.

## FINISH

Wall 14: Dance to Count 28 then do the 2 Toe Struts turning to the front wall then Stomp R to right to finish the dance at the front wall.

Enjoy!!!!

Free to be copied provided no changes are made to the original choreography.  
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