

EZ Training Season

COPPERKNOB
BYEPOSTETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Nan Young Lee (KOR) - June 2024
音樂: Training Season - Dua Lipa



Note: No Tag, 3 Restarts

Intro: 16 counts

SEC 1: Walk(R,L), Rock, Recover, Walk back(R,L), Rock, Recover

1234 Walk (RF,LF), Rock RF fwd, Recover LF
5678 Walk back (RF,LF), Rock RF back, Recover LF

SEC 2: Big step, Rock back, Recover, Vine ¼L, Brush

1234 Big step RF to R side(& Drag LF towards RF), Rock back LF, Recover RF
5678 LF to L side, cross RF behind LF, LF turn ¼L, Brush RF (9:00)

SEC 3: [Step, Lock(& Knee Pop), Lock step] x (R, L)

123&4 Step RF to R Diagonal, Lock LF(& Knee Pop RF), Step RF, Lock LF behind RF, Step RF
567&8 Step LF to L Diagonal, Lock RF(& Knee Pop LF), Step LF, Lock RF behind LF, Step LF

SEC 4: (Cross Rock, Recover, Side) x (R, L), Pivot ½L

123 Cross Rock RF over LF, Recover LF, Step RF to R side
456 Cross Rock LF over RF, Recover RF, Step LF to L side
7 8 Step fwd RF, Pivot ½ Turn L (3:00)

Restarts:

Wall 3, after 16 Counts (Start 6:00, Restart 3:00)
Wall 6, after 16 Counts (Start 9:00, Restart 6:00)
Wall 12, after 24 Counts (Start 9:00, Restart 6:00)

Have a good time! ☐

Contact: nyok99@naver.com

Last Update: 23 Jul 2024