

# EZ Training Season

COPPER KNOB  
BY STEPHEN

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! ☐

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