

Training Season

COPPER **KNOB**
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Handy Gunawan (INA) - June 2024
音樂: Training Season - Dua Lipa



Note:

- intro: 16 counts
- No Tags, 3x Restarts (on W3 after 16C, on W6 after 16C, on W12 after 24C)

SECTION 1 : WALK, BOTAFOGO , CROSS SHUFFLE

- 1 - 2 walk R,L
- 3&4 cross RF over LF, step LF slightly to side, recover on RF
- 5 - 6 cross LF over RF, recover on RF
- 7 - 8 cross LF over RF, step touch RF side

SECTION 2 : STEP BACK, CLOSE, STEP TOUCH, 1/4 TURN STEP SIDE

- 1 - 2 1/4 R step RF back, close LF next to RF
- 3 - 4 step LF fwd, close RF next to LF
- 5 - 6 step touch RF side, 1/4R close RF next to LF
- 7 - 8 step touch LF side, close LF next to RF

SECTION 3 : STEP FWD AND LOCK BEHIND

- 1 - 2 step RF fwd, lock LF behind RF
- 3 - 4 step RF fwd, step brush LF fwd
- 5 - 6 step LF fwd, lock RF behind LF
- 7 - 8 step LF fwd, step brush RF fwd

SECTION 4 : ROCKING CHAIR, 1/4 TURN R JAZZ BOX

- 1 - 2 step RF forward, recover on LF
- 3 - 4 step RF back, recover on LF
- 5 - 6 cross RF over LF, 1/4 R step LF back
- 7 - 8 step RF to side, cross LF over RF

Happy Dancing !!!!

Best Regards, Handy Gunawan

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