

# Training Season

拍數: 48      牆數: 1      級數: Phrased Improver  
編舞者: Antonella MAZZEO (FR) - September 2024  
音樂: Training Season - Dua Lipa



Sequence : AAA16 BB AA16 AABBB AAA24 BBA FINAL

## Part A :

### Section 1 LONG STEP R SIDE, HOLD, ¼ TURN SAILOR STEP, OUT HOLD OUT RECOVER,

1 2            Long Step to R side, Hold,

#### \* Option arms outstretche at the sides

3 & 4            Sailor ¼ turn on L : Step LF behind RF, 1/4 turn to the L, step RF to R side, step LF forward,

5 6            Step RF forward diagonaly R, hold,

7 & 8            Step LF forward diagonaly L, recover on RF,

### Section 2 LONG STEP L SIDE, HOLD, SAILOR TURN ¼, WALK FORWARD L/R SIDE RECOVER, STEP FORWARD,

1 2            Long Step to L side, Hold,

#### \* Option arms outstretche at the sides

3 & 4            Sailor ¼ turn on R : Step RF behind LF, 1/4 turn to the R, step LF to L side, step RF forward,

5 6            Step LF forward, step RF forward,

7 & 8            Rock LF to L side, recover to RF, step LF forward,

### Section 3 STEP TURN ½, STEP LOCK STEP, STEP FWD HITCH TURN ½, LONG STEP BACK TOGETHER,

1 2            Step RF forward, turn ½ to to the L, finish with weight to LF forward,

3 & 4            Step RF forward, lock LF behind RF, step RF forward,

5 6            Step LF forward, hitch RF with turn ½ to the L,

7 8            Long step back RF, step LF together,

### Section 4 STEP BACK KNEE POPS R/L/R/L, ROCK BACK RECOVER, WALK R/L,

1 2            Step back pop in front knee, RF/LF

3 4            Step back pop in front knee, RF/LF

5 6            Rock back RF recover to LF,

7 8            Walk forward R, Walk forward L,

## Part B :

### Section 1 SWITCHES HEELS R/L/R, OUT OUT, HIP BUMPS DOWN & UP, SNAPS X2 WITH TRANSFERT OF SUPPORTING FOOT (R/L/R/L) X2, RECOVER, FINISH WEIGHT TO LF

1&2&            Heel forward, RF, together, heel forward LF, together,

#### \*Option : Shoulder movements from front to back

3&4&            Heel forward, RF, together, heel forward LF, together, recover weight to LF,

#### \*Option : Shoulder movements from front to back

5 & 6 &            Bump to the R with knees bent snap R fingers, recover weight to LF, bump to the R with knees straight, snap R fingers, recover to LF,

7 & 8 &            Bump to the R with knees bent snap R fingers, recover weight to LF, bump to the R with knees straight, snap R fingers, recover to LF,

### Section 2 SAILOR STEP, SAILOR STEP ¼ TURN, CURVE ¾ TURN L

1 & 2            Cross RF behind LF, make LF to the L side, make RF to the R side,

3 & 4            Cross LF behind RF, ¼ turn to the L, make RF to the R side, make the LF to the L side,

5 6            Walk turn 1/8e to the L, Walk turn 1/4 to the L,

7 8            Walk turn 1/8e to the L, Walk turn 1/4 to the L,

**REPEAT PART B**

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