

# Training Season, It's Over

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Lieren King (USA) - January 2025  
音樂: Training Season - Dua Lipa



\*\*\*3 Restarts: Walls 3, 6, 12

INTRO 16 cts

## S1 [1-8] 2 Sweeps Backwards, Weave, $\frac{3}{4}$ Turn, $\frac{1}{2}$ Triple Turn

1, 2            Step R while sweeping L to back, Step L while sweeping R to back  
3&4            (Traveling L) R back, L side, R cross front over L  
5, 6             $\frac{1}{4}$  L turn onto fwd L (9:00) continue  $\frac{1}{2}$  turn onto R back (3:00)  
7&8            continue traveling  $\frac{1}{2}$  L turn L-R-L (9:00)

## S2 [9-16] $\frac{1}{2}$ Pivot Turn, Shuffle Fwd, modified V-Step w/ Coaster Step

1, 2            R fwd,  $\frac{1}{2}$  L turn onto L (3:00)  
3&4            traveling fwd R-L-R  
5, 6            L fwd diagonal, R fwd diagonal  
7&8            L back, R next to L, L fwd

\*\*\*Restart here on Walls 3 & 6

## S3 [17-24] V Step w/ Heels-Step-Cross, $\frac{1}{4}$ turn side step, $\frac{1}{2}$ Pivot Turn, Shuffle fwd, Crossing Rock-step

&1&2            "Out-Out-Back-Cross" R heel fwd diagonal, L heel fwd diagonal, R back, L Cross over R  
3, 4, 5             $\frac{1}{4}$  R turn onto R side (6:00), L fwd,  $\frac{1}{2}$  R turn onto R fwd (12:00)  
6&7            traveling fwd L-R-L  
8&            Cross R over L, Recover weight on L

\*\*\*Restart here on Wall 12.

## S4 [25-32] Side Rock -step, Crossing Rock - step, Slide-Drag, Cross Rock -step, $\frac{3}{4}$ R Turn

1&2& -            Rock R to side, Recover weight on L, Rock R over L, Recover weight on L  
3, 4 -            large R step to side sliding the L in (no weight on L)  
5& -            Cross Rock L over R, Recover weight on R  
6, 7, 8 -             $\frac{1}{4}$  L turn onto L fwd,  $\frac{1}{4}$  L turn onto R side,  $\frac{1}{4}$  L turn onto L back (3:00)