

Training Season

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Phrased Improver
編舞者: Jeongwha Lee (KOR) - February 2025
音樂: Training Season - Dua Lipa



Phrasing: AAB AAB AAA AAB B* ABB Ending

[Part A] 32c

Sec 1 Step fwd, Point, Touch Back, 1/2 Turn, Cross, Back, Shuffle

1 2 Step Fwd on R(1), Side Point L to L(2)
3 4 Touch L back(3), 1/2 turn L weigh on L(4)
5 6 Cross R to R(5), Step L Back(6)
7 & 8 Step R to R(7), Close L beside R(&), Step R to R (8)

Sec 2 Kick-Step-Point, Step, Touch, Kick-Ball-Cross

1 & 2 Kick L Fwd(1), Step L next R(&), Point R to R(2)
3 4 Step R to R(3), Touch L to L(4)
5 6 Step L to L(5), Touch R to R(6)
7 & 8 Kick R diagonal(7), Step ball R next L(&), Cross L over R(8)

Sec 3 Side, Recover, Cross Shuffle, Fwd Shuffle, 1/4 Pivot

1 2 Step R to R(1), Recover L to L(2)
3 & 4 Cross R over L(3), Close L beside R(&), Cross R over L(4)
5 & 6 1/2 Turn L Fwd(5), Close R beside L(&), Step L Fwd(6)
7 8 Step R Fwd(7), 1/4 Turn L weigh on L(8)

Sec 4 Cross, Back, Coaster, Step, Recover, 1/2 Sailor

1 2 Cross R over L(1), Step L back(2)
3 & 4 Step R back(3), Close L beside R(&), Step R Fwd(6)
5 6 Step L Fwd(5), Step R back(7)
7 & 8 Cross L behind R(7), Turn 1/2 L Step R next to L(&), Step L Fwd(8)

[Part B] 16c

Sec 1 Cross, Back, Side, Cross, Back, Side, Walk R/L

1 2 Cross R over L(1), Step L back(2)
3 4 Step R to R(3), Cross L over R(4)
5 6 Step R back(5), Step L to L(6)
7 8 Step R Fwd(7), Step Fwd L(8)

Sec 2 Pivot 1/2, Fwd Shuffle, Pivot 1/2, Fwd Shuffle

1 2 Step R Fwd(1), 1/2 Turn L weigh on L(2)
3 & 4 Step R fwd(3), Close L beside R(&), Step R Fwd(4)
5 6 Step L Fwd(5), 1/2 Turn R weigh on R(6)
7 & 8 Step L fwd(7), Close R beside L(&), Step L Fwd(8)

[Part B*] 8c

Sec 1 Cross, Back, Side, Cross, Back, Side, Walk R/L

1 2 Cross R over L(1), Step L back(2)
3 4 Step R to R(3), Cross L over R(4)
5 6 Step R back(5), Step L to L(6)
7 8 Step R Fwd(7), Step Fwd L(8)

Enjoy!!!

Contact: jeongwhadmj@naver.com
