

TRAINING SEASON



Type : Danse en ligne , 32 comptes , 2 murs , 3 restarts
Niveau : Novice
Chorégraphe : W.L.D. (kor) (mars 2024)
Musique : " Training Season " de Dua Lipa
Intro : 32 comptes .

SECTION 1 - WALK FWD R L, 1/4 L BALL CROSS, 1/4 R FWD, L FWD, 1/4 R, CROSS SAMBA

1 2 step R fwd, step L fwd
&3 4 turn 1/4 R stepping R side (9:00), L cross over R, turn 1/4 R stepping R fwd (12:00)
5 6 step L fwd, turn 1/4 R stepping R side (3:00)
7&8 cross L, R side rock, recover on L

SECTION 2 - 1/4 R JAZZBOX CROSS, BODY SWAY RLR, 1/4 L HITCH

1 2 3 4 cross R, turn 1/4 R stepping L back, step R side, cross L (6:00)
5 6 7 step R to side swaying body R L R
8 turn 1/4 L hitching L (3:00)

RESTART 1 on wall 3 & 6 .

SECTION 3 - L FWD, TOUCH, FWD, TOUCH, BACK, TOUCH, 1/4 R SIDE, BRUSH

1 2 step L fwd, touch R next to L
3 4 step R fwd to R diag., touch L next to R
5 6 step L back, touch R next to L
7 8 turn 1/4 R stepping R side, brush L cross (6:00)

RESTART 2 on wall 12

SECTION 4 - L CROSS ROCK, RECOVER, 1/4 L SHUFFLE FWD, R FWD, 1/2 L PIVOT, R FWD, 1/4 L PIVOT

1 2 L cross rock, recover on R
3&4 step L side, step R next to L, turn 1/4 L stepping L fwd (3:00)
5 6 step R fwd, turn 1/2 L stepping L fwd (9:00)
7 8 step R fwd, turn 1/4 L stepping L side (6:00)

Restart – 1 happens during wall 3 & 6 Dance up to 16 count / count 16 is to be sway L (instead of hitch)
Restart – 2 happens during wall 12 Dance up to 24 count / count 24 is to be stepping together (instead of brush)

RECOMMENCEZ ET GARDER LE SOURIRE