



# Training Season

**Choreographer:** Jo Rosenblatt, Brisbane (QLD), May 2024  
**Music:** Training Season **Artist:** Dua Lipa (*available on Itunes*)  
**Description:** 32 Count, 4 Wall, 3 Restarts **Level:** Beginner  
**Start:** 16 Count Intro, Feet together, Weight on left

## PATTERN OF DANCE

### Camel, Tap, Vine with $\frac{1}{4}$ Turn, Scuff

- 1 2 Step R to right diagonal, Step L beside right  
3 4 Step R to right diagonal, Tap L beside right  
5 6 Step L to left, Step R behind left  
7 8 Turn 90° left step L forward, Scuff R beside left (9)

### Forward, Rock, Shuffle Back, Back, Rock, Shuffle Forward

- 1 2 Step R forward, Rock/Recover back onto L  
3&4 Shuffle back: R L R  
5 6 Step L back, Rock/Recover forward onto R  
7&8 Shuffle forward: L R L **\*\* RESTARTS 1 & 2**

### Step, Paddle, Step, Paddle, Out-Out, Clap, Back-Back, Clap

- 1 2 Step R forward, Turn 90° left stepping L to left (6)  
3 4 Step R forward, Turn 90° left stepping L to left (9)  
&5 6 Step R out to right diagonal, Step L out to left diagonal, Hold & Clap  
&7 8 Step R back to the centre, Step L beside right, Hold & Clap **## RESTART 3**

### Rocking Chair, Toe Strut, Toe Strut

- 1 2 Step R forward, Rock/Recover back onto L  
3 4 Step R back, Rock/Recover forward onto L  
5 6 Step R Toe forward, Drop R heel down clicking fingers  
7 8 Step L toe forward, Drop L heel down clicking fingers

## START DANCE AGAIN IN NEW DIRECTION

### RESTARTS 1 & 2

Wall 3 and Wall 6: Dance to Count 16 \*\* and restart the dance facing 3 o'clock & 6 o'clock respectively.

### RESTART 3

Wall 12: Dance to Count 24 ## and restart the dance facing 12 o'clock.

### FINISH

Wall 14: Dance to Count 28 then do the 2 Toe Struts turning to the front wall then Stomp R to right to finish the dance at the front wall.

*Enjoy!!!!*

