# TRAINING SEASON

**Level:** Easy Intermediate **Genre:** Pop
**Artist:** Dua Lipa-Training Season Single
**Choreo:** Unique Clogging Team
**Speed:** 95%-Normal **Length: 3:29**
**Sequence:** A B Br Ch Br A B Ch B Br* Ch* Ending
**Wait:** 16 beats

**Quick Cues**

**Part A: (32 beats)**
8 Double Slur Vine **(L)**
4 Easy Toe Brushes **(Rft)**
4 Triple
**16 REPEAT OPP FOOTWORK & DIR**

**Part B: (32 beats)**
4 Step Half Rock Slur
4 Travelling Triple **(Rft)**
8 Clogover Vine **(L)**
8 MJ Basketball **(1/2R)**
4 Travelling Pivot **(1/2R)**
4 **2** Basic

**Break: (16 beats)**
8 Stomp Double Rock
4 V Step **(Rft)**
3 **3** Stomp
1 Pause **(Clap)**

**Chorus: (64 beats)**
8 Double Spider
8 Whiplash **(Diag R)**
4 Karate **(1/2L)**
4 Triple **(1/2L)**
8 **2** Toe Heel Basic
**32 REPEAT OPP FOOTWORK & DIR**

**Break: (16 beats)**
8 Stomp Double Rock
4 V Step **(Rft)**
3 **3** Stomp
1 Pause **(Clap)**

**Part A: (32 beats)**
8 Double Slur Vine **(L)**
4 Easy Toe Brushes **(Rft)**
4 Triple
**16 REPEAT OPP FOOTWORK & DIR**




**Quick Cues**

**Part B: (32 beats)**
4 Step Half Rock Slur
4 Travelling Triple **(Rft)**
8 Clogover Vine **(L)**
8 MJ Basketball **(1/2R)**
4 Travelling Pivot **(1/2R)**
4 **2** Basic

**Chorus: (64 beats)**
8 Double Spider
8 Whiplash **(Diag R)**
4 Karate **(1/2L)**
4 Triple **(1/2L)**
8 **2** Toe Heel Basic
**32 REPEAT OPP FOOTWORK & DIR**

**Part B: (32 beats)**
4 Step Half Rock Slur
4 Travelling Triple **(Rft)**
8 Clogover Vine **(L)**
8 MJ Basketball **(1/2R)**
4 Travelling Pivot **(1/2R)**
4 **2** Basic

**Break*: (24 beats)**
16 **2** Stomp Double Rock
4 Stepping Vine **(L)**
3 **3** Stomp
1 Pause **(Clap)**

**Chorus*: (32 beats)**
8 Double Spider
8 Whiplash **(Diag R)**
4 Karate **(1/2L)**
4 **2** Basic **(1/2L)**
8 **2** Toe Heel Basic

**Ending: (34 beats)**
32 **4** Stomp Double Rock **(1/4R ea)**
1 Pause
1 Step **(OTS)**

## Step Definitions – Training Season

**DOUBLE SLUR VINE:**

| DS(OTS) | SLR-S(XIB) | DS | DS(XIF) | DS(OTS) | SLR-S(XIB) | DS | RS |
|---|---|---|---|---|---|---|---|
| L | R R | L | R | L | R R | L | RL |
| &1 | & 2 | &3 | &4 | &5 | & 6 | &7 | &8 |

**EASY TOE BRUSHES:**

| DS | [BR-TT](XIF) | H | [BR-TT](X) | H | RS |
|---|---|---|---|---|---|
| L | R | L | R | L | RL |
| &1 | & | 2 | & | 3 | &4 |

**TRIPLE:**

| DS | DS | DS | RS |
|---|---|---|---|
| L | R | L | RL |
| &1 | &2 | &3 | &4 |

**STEP HALF ROCK SLUR:**

| (P) | S(OTS) | SLR-S(XIB) | R | S(OTS) | SLR-S(XIB) |
|---|---|---|---|---|---|
| | L | R R | L | R | L L |
| & | 1 | & 2 | & | 3 | & 4 |

**TRAVELLING TRIPLE:**

| DS(OTS) | DS(XIF) | DS(OTS) | RS |
|---|---|---|---|
| R | L | R | LR |
| &1 | &2 | &3 | &4 |

**CLOGOVER VINE:**

| DS(OTS) | DS(XIF) | DS(OTS) | DS(XIB) | DS(OTS) | DS(XIF) | DS | RS |
|---|---|---|---|---|---|---|---|
| L | R | L | R | L | R | L | RL |
| &1 | &2 | &3 | &4 | &5 | &6 | &7 | &8 |

**MJ BASKETBALL: (In this dance turn 1/4R on each PVT)**

| DS | DS(XIB) | R | S(OTS) | (P) | S | (P) | S(FWD) | PVT(1/2 R) | S | (P) | S(FWD) | PVT(1/2 R) | S |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| R | L | R | L | | R | | L | L | R | | L | L | R |
| &1 | &2 | & | 3 | & | 4 | & | 5 | & | 6 | & | 7 | & | 8 |

**TRAVELLING PIVOT: (In this dance turn 1/2R on &4)**

| DS(OTS) | DS(XIF) | DS(OTS) | PVT(R)/LOOP-S(BK) |
|---|---|---|---|
| L | R | L | L / R R |
| &1 | &2 | &3 | & 4 |

**BASIC:**

| DS | RS |
|---|---|
| L | RL |
| &1 | &2 |

**STOMP DOUBLE ROCK: (In this dance turn 1/4R on beat &6)**

| (P) | STO | (P) | STO | (P) | STO | (P) | STO | (P) | STO | DS | DS | RS |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | L | | R | | L | | R | | L | R | L | RL |
| & | 1 | & | 2 | & | 3 | & | 4 | & | 5 | &6 | &7 | &8 |

**V STEP:**

| (P) | S(OTS) | (P) | S(OTS) | (P) | S(BK) | (P) | S(TOG) |
|---|---|---|---|---|---|---|---|
| | R | | L | | R | | L |
| & | 1 | & | 2 | & | 3 | & | 4 |

**STOMP:**

| (P) | STO |
|---|---|
| | L |
| & | 1 |

**DOUBLE SPIDER:**

| DS | SK | HOP | TCHH(XIF) | S | TCH(BK) | SL | SK | HOP | TCHH(XIF) | S | TCH(XIB) | SL | RS |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| L | R | L | R | R | L | R | L | R | L | L | R | L | RL |
| &1 | & | 2 | & | 3 | & | 4 | & | 5 | & | 6 | & | 7 | &8 |

**WHIPLASH:**

| DS | DS(XIF) | SL | S(XIB) | DR | S(XIF) | SL | S(XIB) | DR | S(OTS) | DS | RS |
|---|---|---|---|---|---|---|---|---|---|---|---|
| L | R | R | L | L | R | R | L | L | R | L | RL |
| &1 | &2 | & | 3 | & | 4 | & | 5 | & | 6 | &7 | &8 |

**KARATE:**

| DS-PVT(1/2 L)/K | H | (P) | S | K | H |
|---|---|---|---|---|---|
| L L /R | L | | R | L | R |
| &1 & | 2 | & | 3 | & | 4 |

**TOE HEEL BASIC:**

| T-H | T-H | DS | RS |
|---|---|---|---|
| L L | R R | L | RL |
| & 1 | & 2 | &3 | &4 |

**STEPPING VINE:**

| (P) | S(OTS) | (P) | S(XIB) | (P) | S(OTS) | (P) | TCHH(OTS) |
|---|---|---|---|---|---|---|---|
| | L | | R | | L | | R |
| & | 1 | & | 2 | & | 3 | & | 4 |

**STEP:**

| (P) | S |
|---|---|
| | L |
| & | 1 |