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| Grasp The Youth (年青不要留白) (zh) |  |

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| **拍數:** | 32 | **牆數:** | 4 | **級數:** | Beginner | . |
| **編舞者:** | Irene Deng (TW) - 2017年02月 | | | | |
| **音樂:** | Nian Qing Bu Yao Liu Ba (年輕不要留白) - City Girls (城市少女) | | | | |
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**Intro : 32 Count (Approx. 13 Seconds Into Track) 2:48 iTunes 146 bpm**

**S1: CROSS, POINT, CROSS, POINT, BACK, KICK, LOCK STEP**

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| 1 – 4 | Cross R over L, Point L toe to L side, Cross L over R, Point R toe to R side |

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| 5,6 ,7&8 | Step R back, Kick L Fwd, Step L back , Cross R over L, Step L back |

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| 1 – 4 | 右足交叉左足前， 左足左側點，左足交叉右足前，右足右測點。 |

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| 5 – 8 | 右足退，左足前踢，退鎖步 左足退， 右足退交叉左足前， 左足退。 |

**S2: GRAPEVINE, TOUCH, SIDE, TOUCH, SIDE , TOUCH**

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| 1 – 4 | Make 1/4 turn R, Step Rf fwd, Make 1/2 turn R ,Step Lf back, Make1/4turn R ，Step Rf to R side, Touch LF beside RF |

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| 5 – 8 | Step Lf to L side, Touch Rf to beside L, Step Rf to R side, Touch Lf beside to Rf, (12:00) |

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| 1 – 4 | 右轉1/4右足前踏，續右轉1/2左足退， 右轉1/4右足右旁踏，左足點右足旁。 |

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| 5 – 8 | 左足左旁踏 ，右足點左足旁(身體向左擺動)，右足右旁踏 ，左足點右足旁(身體向右擺動) |

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**S3 : 1/4 L WALK,WALK, 1/4 RIGHT STEP, KICK DIAGONAL, 1/8 R, WALK ,WALK , 1/4 L STEP, KICK DIAGONAL**

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| 1 – 4 | Make 1/4 turn L walk Lf, Rf , 1/4 turn R step Lf to L side, Kick Rf to diagonal (1:30) |

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| 5 – 8 | Make 1/4 turn R walk Rf, Lf, 1/4 turn L step Rf to R side, Kick Lf to diagonal (10:30) |

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| 1 – 4 | 左轉1/4 前走兩步(左 右)，右轉1/4 左足左旁踏，右足右斜踢 |

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| 5 – 8 | 右轉1/4 前走兩步(右 左)，左轉1/4 右足右旁踏，左足左斜踢 |

**S4 : 1/8 TURN L, SIDE , RECOVER, SWAY X3, ROCKING CHAIR**

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| 1,2,3&4 | Make 1/8 turn L, Step Lf to L side, Recover onto Rf, Step Lf beside Rf , Sway hips L R L (9:00) |

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| 5 – 8 | Step Rf forward, Recover onto Lf, Step back on Rf, Recover onto Lf |

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| 1,2,3&4 | 左轉1/4 左足側踏 重心回右足，原地踏同時扭臀(左右左) |

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| 5 – 8 | 右足前踏， 重心回左足， 右足後踏 ，重心回左足 |

**TAG (4COUNTS) :ROCKING CHAIR**

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| 1 – 4 | Step Rf forward, Recover onto Lf, Step back on Rf, Recover onto Lf |

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| 1 – 4 | 右足前踏， 重心回左足， 右足後踏 ，重心回左足 |

**TAG : To be added at the end of wall 3 facing(3:00), wall 4 facing(12:00), wall 9 facing(9:00) & wall 10 facing(6:00)**

**間奏 在第3,4,9,10 等四面牆結束時 加四拍的搖椅步**

**Ending : End of 8 counts wall 12 ,facing 3:00 turn L & pose**

**第12面牆 跳第一個8 拍(3:00)，轉12:00全舞結束**

**Start Again And Enjoy !!!**

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