

Grasp The Youth (年青不要留白) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Irene Deng (TW) - 2017年02月
音乐: Nian Qing Bu Yao Liu Ba (年輕不要留白) - City Girls (城市少女)



Intro : 32 Count (Approx. 13 Seconds Into Track) 2:48 iTunes 146 bpm

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

1 – 4 Cross R over L, Point L toe to L side, Cross L over R, Point R toe to R side
5,6 ,7&8 Step R back, Kick L Fwd, Step L back , Cross R over L, Step L back
1 – 4 右足交叉左足前，左足左側點，左足交叉右足前，右足右側點。
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

1 – 4 Make 1/4 turn R, Step Rf fwd, Make 1/2 turn R ,Step Lf back, Make 1/4 turn R , Step Rf to R side, Touch LF beside RF
5 – 8 Step Lf to L side, Touch Rf to beside L, Step Rf to R side, Touch Lf beside to Rf, (12:00)
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。
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)

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

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)
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)
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
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

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)
5 – 8 Step Rf forward, Recover onto Lf, Step back on Rf, Recover onto Lf
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)
5 – 8 右足前踏，重心回左足，右足後踏，重心回左足

TAG (4COUNTS) :ROCKING CHAIR

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