拍数： 64
壇数： 4
级数：Improver
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音乐：Turn Me Loose－Young Divas
（1－8）Walk，Walk，Together，Push Back，Knee Pops，Kick
1－2 Walk forward－right，left
3－4 Close right to left bending knees，push bottom back
5－8 Right knee pops－in，out，in，kick right to right diagonal
（9－16）Behind，Side，Cross Shuffle，Large Side Step，Drag Right Towards Left，Ball Cross
1－2 Cross right behind left，step left to left
3 \＆ $4 \quad$ Cross right over left，left to left，cross right over left
5－7 Large step to left，drag right towards left over 2 beats
\＆ 8 Step on ball of right next to left，cross left over right
（17－24）Side，Behind， $1 / 4$ Turning Shuffle，Heel，Hold，Heel，Switch，Heel，Switch
1－2 Step right to right，cross left behind right
3 \＆ $4 \quad$ Turn $1 / 4$ right and shuffle forward－right，left，right
5－6 Left heel forward，hold
\＆7\＆8\＆Close left to right，right heel forward，close right to left，left heel forward，close left to right
（25－32）Rock Forward，Recover，Rock Back，Recover，Rock Forward，Recover $1 ⁄ 2$ Turning Shuffle
1－2 Rock forward on right，recover on left
3－4 Rock back on right turning body and look back，recover forward on left（squaring up again）
5－6 Rock forward on right，recover on left
7 \＆ $8 \quad$ Turning $1 / 2$ right shuffle right，left，right
（33－40）Rock Forward，Recover，Rock Back，Recover，Rock Forward，Recover， $1 / 4$ Turning Chasse to Left
1－2 Rock forward on left，recover on right
3－4 Rock back on left turning body and look back，recover forward on right（squaring up again）
5－6 Rock forward on left，recover on right
7 \＆ $8 \quad$ Turning chasse $1 / 4$ to left
（41－48）Point，point，cross，Hitch Hold，Lunge，Recover and Flick，Chasse to Left
1－2 Point right toe across and in front of left，point right toe to right
3－4 Cross right over left，hitch left and hold and push hands forward（as if you are saying＂stop＂）
5－6 Lunge left to left，recover onto right flicking left foot behind right
7 \＆ $8 \quad$ Chasse to left side
（49－56）＇V Step＇，Hitch，Coaster $1 / 4$ Turn
1－2 Step forward and out on right，step forward and out on left
3－4 Step back on right，close left to right
5－6 Turning to left diagonal step forward on right，hitch left knee
$7 \& 8 \quad$ Coaster step turning $1 / 4$ right to face right diagonal
（57－64）Step，Hitch，Coaster Step Squaring Up， $2 \times 1 / 8$ th Paddles
1－2 Step forward on right towards right diagonal，hitch left knee up
$3 \& 4 \quad$ Step back on left，close right to left squaring up，step forward on left
5－8 Paddle turn $1 / 8$ th left ，paddle turn $1 / 8$ th left
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