

La Grenade

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: David LECAILLON (FR) - March 2019

Musik: La Grenade by Clara Lusiani



Start after 16 counts on lyric

section 1 : walk, walk, rock and cross, step Left back , coaster step, step

1-2 step Rf forward, step Lf forward
&3-4 step Rf on Right side , recover onto Left, cross Rf over Left 12:00
5 step Lf back
6&7 step Rf back, step Lf next to Right, step Rf forward
8 step Lf forward

section 2 : rock forward , triple step ½ turn Right , full turn, triple step forward

1-2 step Rf forward , recover onto Left
3&4 ½ turn Right step Rf forward, step Left next to Right, step Right forward 6:00
5-6 ½ turn Right step Lf back, ½ turn Right step Rf forward 6:00
7&8 step Lf forward, step Rf next to Left, step Left forward

section 3 : step pivot 1/4 turn left , triple cross , rock side , sailor 1/4 turn left

1-2 step Rf forward, ¼ turn left 3:00
3&4 cross Rf over Left , step Lf side, cross Rf over Left
5-6 step Lf side, recover onto Right
7&8 ¼ turn Left step Lf back, step Rf next to Left, step Lf forward 12:00

section 4 : step pivot ½ turn touch, triple step forward, rock step & step drag touch

1-2 step Rf forward ½ turn Left on Rf, touch Lf next Right 6:00
3&4 step Lf forward, step Rf next to Lf, step Left forward
5-6 step Rf forward, recover onto Left
& Rf next to Lf
7-8 big step Lf forward, drag Rf next to Lf and touch Right

Start again with smile

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