

Catch A Grenade (zh)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ria Vos (NL) - 2011年01月
音樂: Grenade - Bruno Mars



前奏 : Intro: Very quick start on the word "Easy"

第一段 Side, Sailor ¼ L, Skate, Diagonal Shuffle Fwd, Cross, ¼ Turn R Step Back

- 1 Step R to Right Side 右足右踏
- 2&3 Cross L Behind R, ¼ Turn Left Step R Next to Left, Step L Fwd to Left Diagonal 左足於右足後交叉踏, 左轉90度右足併踏, 左足左斜角前踏
- 4 Skate R Fwd to Right Diagonal 右足右斜角前滑冰步
- 5&6 Shuffle Fwd to Left Diagonal Stepping L, R, L
左斜角前交換-左, 右, 左
- 7-8 Cross R over L, ¼ Turn Right Step Back on L
右足於左足前交叉踏, 右轉90度左足後踏

第二段 Rock Back, Recover, Full Turn L, ¼ Turn L Chasse, Rock Back, Recover

- 1-2 Rock Back on R, Recover on L 右足後下沉, 左足回復
- 3-4 ½ Turn Left Step Back on R, ½ Turn Left Step Fwd on L
左轉180度右足後踏, 左轉180度左足前踏
- 5&6 ¼ Turn Left Step R to Right Side, Step L Next to R, step R to Right Side 左轉90度右足右踏, 左足併踏, 右足右踏
- 7-8 Rock Back on L, Recover on R 左足後下沉, 右足回復

第三段 Side, Touch-Ball, Step, Pivot ½ Turn R, 1/4 Turn R Side, Touch-Ball-Heel & Scuff

- 1 Step L to Left Side 左足左踏
- 2&3 Touch R Next to L, Step on Ball of R Next to L, step Fwd on L
右足併點, 右足併踏, 左足前踏
- 4-5 Pivot ½ Turn Right, ¼ Turn Right step L to Left Side
右軸轉180度, 右轉90度左足左踏
- 6&7 Touch R Next to L, Step on Ball of R Next to L, Touch L Heel Fwd
右足併點, 右足併踏, 左足踵前點
- 8& Step L Next to R, Scuff R Fwd 左足併踏, 右足前擦踢

第四段 Rock Back, Recover, Ball-Step, Rock Fwd, Triple Full Turn R, Cross

- 1-2 Rock Back on R, Recover on L 右足後下沉, 左足回復
- 8&3 Step on Ball of R Next to L, Step Fwd on L 右足併踏, 左足前踏
- 4-5 Rock Fwd on R, Recover on L 右足前下沉, 左足回復
- 6&7 Triple Full Turn on the Spot Stepping R, L, R (Option: R Coaster Step) 原地三步右轉-右, 左, 右(簡易版:海岸步)
- 8 Cross L Over R 左足於右足前交叉踏

第五段 Side Rock, Recover ¼ Turn L, Dorothy Step R & L Cross Rock, Recover

- 1-2 Rock R to Right Side, Recover on L with ¼ Turn Left
右足右下沉, 左足回復左轉90度
- 3-4& Step R Fwd to Right Diagonal, Lock L Behind R, Step R Slightly Fwd 右足右斜角前踏, 左足於右足後鎖踏, 右足略前踏
- 5-6& Step L Fwd to Left Diagonal, Lock R Behind L, Step L Slightly Fwd 左足左斜角前踏, 右足於左足後鎖踏, 左足略前踏
- 7-8 Cross Rock R Over L, Recover on L
右足於左足前交叉下沉, 左足回復

RESTART: There is one restart on wall 5 after count 40 (3:00)

第五面牆跳至此, 面向3點鐘, 從頭起跳

第六段 Side, Hold, & Point, ½ Turn R with Hook, Shuffle Fwd, Rock Fwd

- 1-2 Step R to Right Side, Hold 右足右踏, 候
- 8&3-4 Step L Next to R, Point R to Right Side, ½ Turn Right on L with R Hook Across L 左足併踏, 右足右點, 重心在左足右轉180度右足在左足前勾
- 5&6 Shuffle Fwd stepping R, L, R 前交換-右, 左, 右
- 7-8 Rock Fwd on L, Recover on R 左足前下沉, 右足回復

第七段 Touch Back, ½ Turn L, Pivot ¼ Turn L & Side Rock with Flick, Chasse L

- 1-2 Touch L Back, ½ Turn Left Stepping weight on L
左足後點, 左轉180度重心在左足
- 3-4 Step Fwd on R, Pivot ¼ Turn Left 右足前踏, 左軸轉90度
- 8&5-6 Step R Next to L, Rock L to Left Side, Recover on R with L Flick Behind 右足併踏, 左足左下沉, 右足回復左足後抬
- 7&8 Step L to Left Side, Step R Next to L, Step L to Left Side
左足左踏, 右足併踏, 左足左踏

第八段 Syncopated Jazz Box ¼ Turn R, Side Rock, Cross, Scissor Cross

- 1 Cross R Over L 右足於左足前交叉踏
- 2&3 ¼ Turn Right Stepping Back on L, Step R Next to L, Cross L Over R 右轉90度左足後踏, 右足併踏, 左足於右足前交叉踏
- 4-5 Rock R to Right Side, Recover on L 右足右下沉, 左足回復
- 6 Cross R Over L 右足於左足前交叉踏
- 7&8 Step L to Left Side, Step R Next to L, Cross L Over R
左足左踏, 右足併踏, 左足於右足前交叉踏

TAG: 8 count tag AFTER wall 2 (6:00)

加拍: 第二面牆(面向6點鐘)加8拍

Side Rock, Chasse (R&L)

- 1-2 Rock R to Right Side, Recover on L
右足右下沉, 左足回復
- 3&4 Step R to Right Side, Step L Next to R, Step R to Right Side
右足右踏, 左足併踏, 右足右踏
- 5-6 Rock L to Left Side, Recover on R
左足左下沉, 右足回復
- 7&8 Step L to Left side, Step R Next to L, Step L to Left Side
左足左踏, 右足併踏, 左足左踏
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