

Grenade For Ya (zh)

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Esmeralda van de Pol (NL) - 2011年01月
音樂: Grenade - Bruno Mars



前奏 : Intro: Start on Vocals 唱歌起跳

第一段 Side Rock & Side Rock, Monterey ½ Turn R, Kick-Ball-Step

- 1-2& rock R to R Side, Recover on L, Close R next to L
右足右下沉, 左足回復, 右足併踏
- 3-4& Rock L to L Side, Recover on R, Close L next to R
左足左下沉, 右足回復, 左足併踏
- 5-6 Touch R to R Side, Make ½ Turn R (weight on L) (6)
右足右點, 右轉180度(重心在左足)(面向6點鐘)
- 7&8 Kick R fwd, Step R next to L, Step L fwd
右足前踢, 右足併踏, 左足前踏

第二段 Pivot ½ Turn L, Shuffle ½ Turn L, Rock Back, Rock & Cross

- 1-2 Step fwd on R, Make ½ Turn L (12)
右足前踏, 左轉180度(面向12點鐘)
- 3&4 Make ¼ Turn L-step R to R side, Close L next to R, Make ¼ Turn L-step R back (6) 左轉90度右足右踏, 左足併踏, 左轉90度右足後踏
- 5-6 Rock L Back, Recover on R 左足後下沉, 右足回復
- 7&8 Rock L to L Side, Recover on R, Cross L over R
左足左下沉, 右足回復, 左足於右足前交叉踏

第三段 Chasse R, ¼ Turn L x2, Behind-Side-Cross, Rock ¼ Turn L

- 1&2 Step R to R side, Close L next to R, Step R to R Side
右足右踏, 左足併踏, 右足右踏
- 3-4 Make ¼ turn L-stepping L to L side, Make ¼ L-stepping R to R Side (12) 左轉90度左足左踏, 左轉90度右足右踏
- 5&6 Cross L behind R, Step R to R side, Cross L over R
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
- 7-8 Rock R to R side, Make ¼ Turn L recover on L (9)
右足右下沉, 左轉90度左足回復(面向9點鐘)

第四段 Pivot ¼ Turn L, Cross & Heel, & Touch Touch Hitch, Coaster Step

- 1-2 Step fwd on R, Make ¼ Turn L (6)
右足前踏, 左轉90度(面向6點鐘)
- 3&4 Cross R over Left, Step L to L Side, Touch R Heel Fwd
右足於左足前交叉踏, 左足左踏, 右足踵前點
- &5&6 Close R next to Left, Touch L to L side, Touch L next to R, Hith L 右足併踏, 左足左點, 左足併點, 左足抬
- 7&8 Step L back, Close R next to L, Step L fwd.
左足後踏, 右足併踏, 左足前踏

第五段 Cross, Rock & Cross, Side, Behind-Side-Cross, Rock ¼ Turn R

- 1 Cross R over L 右足於左足前交叉踏
- 2&3 Rock L to L side, Recover on R, Cross L over R
左足左下沉, 右足回復, 左足於右足交叉踏
- 4 Step R to R side 右足右踏
- 5&6 Cross L behind R, Step R to R side, Cross L over R
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
- 7-8 Rock R to R side, Recover on L with ¼ Turn R (9)
右足右下沉, 右足回復右轉90度(面向9點鐘)

RESTART: in the 5th wall after 40 counts (9)

第五面牆跳至此, 面向9點鐘, 從頭起跳

第六段 Side Rock, Sailor Step, Behind, ¼ Turn R, Chasse ¼ Turn R

- 1-2 Rock R to R side, Recover on L
右足右下沉, 左足回復
- 3&4 Cross R behind L, Step L to L Side, Step R to R side
右足於左足後交叉踏, 左足左踏, 右足右踏
- 5-6 Cross L behind R, Make ¼ Turn R-stepping R fwd (12)
左足於右足後交叉踏, 右轉90度右足前踏(面向12點鐘)
- 7&8 Make ¼ Turn R-stepping L to L Side, Close R next to L, Step L to L Side (3) 右轉90度左足左踏, 右足併踏, 左足左踏(面向3點鐘)

第七段 Cross Rock &, Cross Rock &, Walk Walk, Pivot ½ Turn L

- 1-2& Cross Rock R, Recover on L, Step R to R side
右足於左足前交叉下沉, 左足回復, 右足右踏
- 3-4& Cross Rock L, Recover on R, Step L next to right
左足於右足前交叉下沉, 右足回復, 左足併踏
- 5-6 Walk fwd R,L 前走步-右, 左
- 7-8 Step R fwd, Make ½ Turn L (9)
右足前踏, 左轉180度(面向9點鐘)

第八段 Step Touch, Lock Step Back, Touch & Touch, Coaster Step

- 1-2 Step R fwd, Touch L behind R 右足前踏, 左足於右足後點
- 3&4 Step L back, Cross R over L, Step L back
左足後踏, 右足於左足前交叉踏, 左足後踏
- 5&6 Touch R to R side, Close R next to L, Touch L to L side
右足右點, 右足併踏, 左足左點
- 7&8 Step L back, Close R next to L, Step L fwd
左足後踏, 右足併踏, 左足前踏

TAG: After the 2e wall 加拍:第二面牆結束後

Pivot ½ Turn L x2, Jazz Box Cross

- 1-2 Step R fwd, Make ½ Turn L 右足前踏, 左轉180度
- 3-4 Step R fwd, Make ½ Turn L 右足前踏, 左轉180度
- 5-6 Cross R over L, Step L back 右足於左足前交叉踏, 左足後踏
- 7-8 Step R to R Side, Cross L over R
右足右踏, 左足於右足前交叉踏
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