

# The Grind

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Mary Kelly (UK)  
音樂: Go On - Delbert McClinton



## FAN, HOP, STEP, TOUCH, FULL TURN

1            Fan right foot to right side (making quarter turn to right)  
2            Hop slightly to left on right foot  
3-4         Step left on left foot, touch right foot beside left  
5-6-7      Make full turn to right on right, left, right  
8            Stomp left foot beside right

## FAN, HOP, STEP, TOUCH, FULL TURN

9            Fan left foot to left side (making quarter turn to left)  
10          Hop slightly to right on left foot  
11-12      Step right on right foot, touch left foot beside right  
13-14-15   Make full turn to left on left, right, left  
16          Touch right foot beside left

## HIP GRINDS, QUARTER TURNS

17-18      Step right foot to right side, grinding hips to right for two counts  
19          Grind hips to left  
20          Pivot quarter turn right on ball of left foot, at the same time, kick right foot forward  
21-24      Repeat counts 17-20  
25-28      Repeat counts 17-20

## STEP, HOLD, &, STEP, HITCH TURNS

29-30      Step forward diagonally on right foot, hold for one beat  
&          Step left foot beside right foot  
31          Step forward diagonally on right foot  
32          Hitch left knee and at the same time, pivot on ball of right foot half turn to right  
33-34      Step forward diagonally on left foot, hold for one beat  
&          Step right foot beside left foot  
35          Step forward diagonally on left foot  
36          Hitch right knee and at the same time, pivot on ball of left foot a full turn to left  
37-40      Repeat counts 29-32  
41-43      Repeat counts 33-35  
44          Hitch right knee and at the same time, pivot on ball of left foot half turn to left

## SYNCOPATED BOX STEP

45-46      Step right foot across left, hold for one beat  
&          Step back on left foot  
47          Step right on right foot  
48          Stomp left foot beside right foot

## REPEAT

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