

Grab It

拍數: 48 牆數: 2 級數: Improver
編舞者: Sebastiaan Holtland (NL) & Julia Wong - November 2010
音樂: Snatch and Grab It - Dana Gillespie : (CD: Blues It Up)



Start on words "Grab It to the east, Grab it to the west" (23 Sec)

[1-8] Sailor Stomp, Sailor Fwd, Mambo Back, Lock Step Back

1&2 Step Rf behind Lf, step Lf to the left, stomp forward on Rf weight onto Rf (12:00)
3&4 Step Lf behind Rf, step Rf to the right, step forward on Lf weight onto Lf
5&6 Mambo forward on Rf, Recover on Lf, step back on Rf
7&8 Step back on Lf, lock Rf forward Lf, step Lf back (back Lock step) (12:00)

[9-16] R Diagonal Kick Fwd, Behind, Side, Fwd, L Diagonal Kick Fwd, Behind, Side, Fwd, 1/2 Pivot L, Continue a 1/2 Turn L, Back, Continue a 1/4 Turn L, Side

1&2& Kick diagonal forward on Rf, step Rf behind Lf, step Lf to the left side, and step forward on Rf weight onto Rf
3&4& Kick diagonal forward on Lf, step Lf behind Rf, step Rf to the right side, and step forward on Lf weight onto Lf
5-6 Step forward on Rf, making a 1/2 turn to left (6) and take weight onto Lf
7-8 Continue a 1/2 turn to Left (12) and step back on Rf, continue a 1/4 turn to left (9) and step Lf to the left

[17-24] R Heel Grind, Stomp, Together, L Heel Grind, Stomp, Together, Cross, 1/4 Turn R, Big Step Back, Side, Fwd

1&2 Heel grind with Rf (toes from left to right), Step Lf back, stomp Rf beside Lf (9)
3&4 Heel grind with Lf (toes from right to Left), step Rf back, stomp Lf beside Rf
5-6 Cross Rf over Lf, making a 1/4 turn left (12) big step back on Lf
7-8 Step Rf to the right, step forward on Lf weight onto Lf (12:00)

[25-32] R Kick Fwd, Back, Mambo Back, Fwd, R Kick Fwd, Back, Mambo Back, Fwd

1-2 Kick forward on Rf, step Rf back (12:00)
3&4 Mambo back on Lf, recover on Rf, step forward on Lf (Mambo back)
5-6 Kick forward on Rf, step Rf back
7&8 Mambo back on Lf, recover on Rf, step forward on Lf (Mambo back) (12:00)

[33-40] 1/2 Pivot L, Continue a 1/2 Turn L, Back, Continue a 1/4 Turn L, Side, R Cross Rock / Recover, Side L Cross Rock / Recover, Side

1-2 Step forward on Rf, making a 1/2 turn to left (6) and take weight onto Lf
3-4 Continue a 1/2 turn to Left (12) and step back on Rf, continue a 1/4 turn to left (9) and step Lf to the left
5&6 Cross rock forward on Rf, recover on Lf, step Rf to the right weight onto Rf
7&8 Cross rock forward on Lf, recover on Rf, step Lf to the left weight onto Lf (9:00)

[41-48] Right Heel Grind Across Left, Weave Left, Right Heel Grind Across Left, Weave Left, 1/2 Pivot L, Continue a 1/2 Turn L, Back, Continue a 1/4 Turn L

1&2& Grind R heel over Lf, step Lf to left, cross step Rf behind Lf, step Lf to the left (9:00)
3&4& Grind R heel over Lf, step Lf to left, cross step Rf behind Lf, step Lf to the left
5-6 Step forward on Rf, making a 1/2 turn to left (3) and take weight onto Lf
7-8 Continue a 1/2 turn to Left (9) and step back on Rf, continue a 1/4 turn to left (6) and step Lf to the left ending weight onto Lf

Start Again, Enjoy!

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