

# 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!

Contact: [smoothdancer79@hotmail.com](mailto:smoothdancer79@hotmail.com)

---