

Grenade For Ya

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



Intro: Start on Vocals

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
3-4& Rock L to L Side, Recover on R, Close L next to R
5-6 Touch R to R Side, Make ½ Turn R (weight on L) (6)
7&8 Kick R fwd, Step R next to L, Step L fwd

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

1-2 Step fwd on R, Make ½ Turn L (12)
3&4 Make ¼ Turn L-step R to R side, Close L next to R, Make ¼ Turn L-step R back (6)
5-6 Rock L Back, Recover on R
7&8 Rock L to L Side, Recover on R, Cross L over R

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
3-4 Make ¼ turn L-stepping L to L side, Make ¼ L-stepping R to R Side (12)
5&6 Cross L behind R, Step R to R side, Cross L over R
7-8 Rock R to R side, Make ¼ Turn L recover on L (9)

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

1-2 Step fwd on R, Make ¼ Turn L (6)
3&4 Cross R over Left, Step L to L Side, Touch R Heel Fwd
&5&6 Close R next to Left, Touch L to L side, Touch L next to R, Hith L
7&8 Step L back, Close R next to L, Step L fwd.

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

1 Cross R over L
2&3 Rock L to L side, Recover on R, Cross L over R
4 Step R to R side
5&6 Cross L behind R, Step R to R side, Cross L over R
7-8 Rock R to R side, Recover on L with ¼ Turn R (9) *** restart 5th wall

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

1-2 Rock R to R side, Recover on L
3&4 Cross R behind L, Step L to L Side, Step R to R side
5-6 Cross L behind R, Make ¼ Turn R-stepping R fwd (12)
7&8 Make ¼ Turn R-stepping L to L Side, Close R next to L, Step L to L Side (3)

Cross Rock & , Cross Rock & , Walk Walk, Pivot ½ turn L

1-2& Cross Rock R, Recover on L, Step R to R side
3-4& Cross Rock L ,Recover on R, Step L next to right
5-6 Walk fwd R,L
7-8 Step R fwd, Make ½ Turn L (9)

Step Touch, Lock Step Back, Touch & Touch, Coaster Step

1-2 Step R fwd, Touch L behind R

3&4 Step L back, Cross R over L, Step L back
5&6 Touch R to R side, Close R next to L, Touch L to L side
7&8 Step L back, Close R next to L, Step L fwd

Tag : After the 2nd wall

Pivot ½ Turn L x2, Jazz Box Cross

1-2 Step R fwd, Make ½ Turn L
3-4 Step R fwd, Make ½ Turn L
5-6 Cross R over L, Step L back
7-8 Step R to R Side, Cross L over R

Restart in the 5th wall after 40 counts (9)

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