

Catch A Grenade

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ria Vos (NL) - January 2011
音樂: Grenade - Bruno Mars



Intro: Very quick start on the word "Easy"

Side, Sailor ¼ L, Skate, Diagonal Shuffle Fwd, Cross, ¼ Turn R Step Back

1 Step R to Right Side
2&3 Cross L Behind R, ¼ Turn Left Step R Next to Left, Step L Fwd to Left Diagonal
4 Skate R Fwd to Right Diagonal
5&6 Shuffle Fwd to Left Diagonal Stepping L, R, L
7-8 Cross R over L, ¼ Turn Right Step Back on L

Rock Back, Recover, Full Turn L, ¼ Turn L Chasse, Rock Back, Recover

1-2 Rock Back on R, Recover on L
3-4 ½ Turn Left Step Back on R, ½ Turn Left Step Fwd on L
5&6 ¼ Turn Left Step R to Right Side, Step L Next to R, step R to Right Side
7-8 Rock Back on L, Recover on R

Side, Touch-Ball, Step, Pivot ½ Turn R, 1/4 Turn R Side, Touch-Ball-Heel, & Scuff

1 Step L to Left Side
2&3 Touch R Next to L, Step on Ball of R Next to L, step Fwd on L
4-5 Pivot ½ Turn Right, ¼ Turn Right step L to Left Side
6&7 Touch R Next to L, Step on Ball of R Next to L, Touch L Heel Fwd
&8 Step L Next to R, Scuff R Fwd

Rock Back, Recover, Ball-Step, Rock Fwd, Triple Full Turn R, Cross

1-2 Rock Back on R, Recover on L
&3 Step on Ball of R Next to L, Step Fwd on L
4-5 Rock Fwd on R, Recover on L
6&7 Triple Full Turn on the Spot Stepping R, L, R (Option: R Coaster Step)
8 Cross L Over R

Side Rock, Recover ¼ Turn L, Dorothy Step R & L Cross Rock, Recover

1-2 Rock R to Right Side, Recover on L with ¼ Turn Left
3-4& Step R Fwd to Right Diagonal, Lock L Behind R, Step R Slightly Fwd
5-6& Step L Fwd to Left Diagonal, Lock R Behind L, Step L Slightly Fwd
7-8 Cross Rock R Over L, Recover on L***Restart Point wall 5

Side, Hold, & Point, ½ Turn R with Hook, Shuffle Fwd, Rock Fwd

1-2 Step R to Right Side, Hold
&3-4 Step L Next to R, Point R to Right Side, ½ Turn Right on L with R Hook Across L
5&6 Shuffle Fwd stepping R, L, R
7-8 Rock Fwd on L, Recover on R

Touch Back, ½ Turn L, Pivot ¼ Turn L, & Side Rock with Flick, Chasse L

1-2 Touch L Back, ½ Turn Left Stepping weight on L
3-4 Step Fwd on R, Pivot ¼ Turn Left
&5-6 Step R Next to L, Rock L to Left Side, Recover on R with L Flick Behind
7&8 Step L to Left Side, Step R Next to L, Step L to Left Side

Syncopated Jazz Box ¼ Turn R, Side Rock, Cross, Scissor Cross

1 Cross R Over L
2&3 ¼ Turn Right Stepping Back on L, Step R Next to L, Cross L Over R
4-5 Rock R to Right Side, Recover on L
6 Cross R Over L
7&8 Step L to Left Side, Step R Next to L, Cross L Over R

Tag: 8 count tag after wall 2 (6:00)

Side Rock, Chasse (R&L)

1-2 Rock R to Right Side, Recover on L
3&4 Step R to Right Side, Step L Next to R, Step R to Right Side
5-6 Rock L to Left Side, Recover on R
7&8 Step L to Left side, Step R Next to L, Step L to Left Side

Restart: There is one restart on wall 5 after count 40 (3:00)
