

# 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)**

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