Grenade



编舞者: Irene Leung - January 2011 音乐: Grenade - Bruno Mars



Start after 32 counts

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Heel, Cross, To 1&2 3&4 5&6 7-8	Duch, Heel, Cross, Touch, Behind, Side, Cross, Side Rock, Recover W/ ¼ Turn R Touch right heel to the right slightly forward, cross right in front of left, touch left toe to left Touch left heel to the left slightly forward, cross left in front of right, touch right toe to right Cross right behind left, step left to the side, cross right in front of left Step left to the side, recover to right w/ ¼ turn R (3:00)	
Roll Full Turn F 1-2 3-4 5&6 7&8	R Forward, Step, ½ Turn R, Forward Mambo, Back, ½ Turn L, Step Pivot ½ turn R stepping back on left, ½ turn R stepping forward on right (3:00) Step forward on left, ½ turn R transferring weight back to right (9:00) Step left forward, recover to right, step left back Step right back, ½ turn L stepping left foot forward, step right forward	
Walk, Walk, Sid 1-3 4&5 6-8	de, Tap, Ball, Cross, ¼ Turn R, Step, Pivot ½ Turn R Walk left forward, walk right forward, take bigger step to the left Tap right foot next to left, step right next to left, cross left in front of right (6:00) Step right to the R w/ ¼ turn R, step left foot forward, pivot ½ turn R keeping weight on left (12:00)	
Touch Behind, 1-2 &34 5&6 7&8	Body Roll Back, Ball, Back, Back, Back Mambo ½ Turn L Back, Behind, ¼ Turn R, Cross Touch right toe behind, body roll back and transfer weight to right foot Step left foot next to right, walk back on right, walk back on left Step back on right, recover to left w/ ¼ turn L, step right to the side (9:00) Cross left behind right, step right to the side, cross left in front of right	
1-2 3&4 5-6 7&8	Step right to side, step left together Cross right over left, left slightly to left, cross right over left Step left to side w/ ¼ turn R, continue pivoting ¼ turn R stepping right to side Step left together, rock right to R, recover to left RING 2nd &5th wall	
Ball, Shuffle Fo &1&2 3-4 5&6 7-8	Step right foot next to left, step left forward, right foot ball step just behind left, step left forward Point right toe forward, point right toe to the right Swipe right foot behind, pivot ½ turn on right stepping left together, step forward on right Lunge forward on left, recover to right	

Hitch, Behind, Side, Cross, Behind, Side, Cross, 2-Step Spiral Full Turn L, Kick

1-2&	Hitch left leg, step left behind right, right to the side
3-4&	Cross rock left forward, recover to right, step left to side

5-7 Step right forward, spiral full turn L with 2 counts (6-7) keeping weight on right foot

8 Kick left forward

Behind, Side Mambo Together, Forward Mambo Together, Step, ½ Turn L, Touch In

1-2&3 Step left behind right, rock right to side, recover to left, step right together