

Grenade

COPPER KNOB
STEPSHEETS

拍數: 64
編舞者: Irene Leung - January 2011
音樂: Grenade - Bruno Mars

牆數: 4

級數: Intermediate / Advanced



Start after 32 counts

Heel, Cross, Touch, Heel, Cross, Touch, Behind, Side, Cross, Side Rock, Recover W/ ¼ Turn R

- 1&2 Touch right heel to the right slightly forward, cross right in front of left, touch left toe to left
- 3&4 Touch left heel to the left slightly forward, cross left in front of right, touch right toe to right
- 5&6 Cross right behind left, step left to the side, cross right in front of left
- 7-8 Step left to the side, recover to right w/ ¼ turn R (3:00)

Roll Full Turn R Forward, Step, ½ Turn R, Forward Mambo, Back, ½ Turn L, Step

- 1-2 Pivot ½ turn R stepping back on left, ½ turn R stepping forward on right (3:00)
- 3-4 Step forward on left, ½ turn R transferring weight back to right (9:00)
- 5&6 Step left forward, recover to right, step left back
- 7&8 Step right back, ½ turn L stepping left foot forward, step right forward

Walk, Walk, Side, Tap, Ball, Cross, ¼ Turn R, Step, Pivot ½ Turn R

- 1-3 Walk left forward, walk right forward, take bigger step to the left
- 4&5 Tap right foot next to left, step right next to left, cross left in front of right (6:00)
- 6-8 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, Body Roll Back, Ball, Back, Back, Back Mambo ½ Turn L Back, Behind, ¼ Turn R, Cross

- 1-2 Touch right toe behind, body roll back and transfer weight to right foot
- &34 Step left foot next to right, walk back on right, walk back on left
- 5&6 Step back on right, recover to left w/ ¼ turn L, step right to the side (9:00)
- 7&8 Cross left behind right, step right to the side, cross left in front of right

Side, Together, Cross Shuffle, Roll ½ Turn R, Ball, Side Rock, Recover

- 1-2 Step right to side, step left together
- 3&4 Cross right over left, left slightly to left, cross right over left
- 5-6 Step left to side w/ ¼ turn R, continue pivoting ¼ turn R stepping right to side
- 7&8 Step left together, rock right to R, recover to left

RESTART DURING 2nd &5th wall

Ball, Shuffle Forward, Point Forward, Point Side, Sailor ½ Turn R, Lunge, Recover

- &1&2 Step right foot next to left, step left forward, right foot ball step just behind left, step left forward
- 3-4 Point right toe forward, point right toe to the right
- 5&6 Swipe right foot behind, pivot ½ turn on right stepping left together, step forward on right
- 7-8 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

4&5	Rock left forward, recover to right, step left together
6-8	Step right forward, ½ turn L shifting weight to left, touch right next to left
