Grenade For Ya (zh)

Count: 64 **Wall:** 4 **Level:** Intermediate
Choreographer: Esmeralda van de Pol (NL) - 2011年01月
Music: Grenade - Bruno Mars

前奏： Intro: Start on Vocals 唱歌起跳

第一段	**Side Rock & Side Rock, Montery ½ Turn R, Kick-Ball-Step**
1-2&	rock R to R Side, Recover on L, Close R next to L 右足右下沉, 左足回復, 右足併踏
3-4&	Rock L to L Side, Recover on R, Close L next to R 左足左下沉, 右足回復, 左足併踏
5-6	Touch R to R Side, Make ½ Turn R (weight on L) (6) 右足右點, 右轉180度(重心在左足)(面向6點鐘)
7&8	Kick R fwd, Step R next to L, Step L fwd 右足前踢, 右足併踏, 左足前踏
第二段	**Pivot ½ Turn L, Shuffle ½ Turn L, Rock Back, Rock & Cross**
1-2	Step fwd on R, Make ½ Turn L (12) 右足前踏, 左轉180度(面向12點鐘)
3&4	Make ¼ Turn L-step R to R side, Close L next to R, Make ¼ Turn L-step R back (6) 左轉90度右足右踏, 左足併踏, 左轉90度右足後踏
5-6	Rock L Back, Recover on R 左足後下沉, 右足回復
7&8	Rock L to L Side, Recover on R, Cross L over R 左足左下沉, 右足回復, 左足於右足前交叉踏
第三段	**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 右足右踏, 左足併踏, 右足右踏
3-4	Make ¼ turn L-stepping L to L side, Make ¼ L-stepping R to R Side (12) 左轉90度左足左踏, 左轉90度右足右踏
5&6	Cross L behind R, Step R to R side, Cross L over R 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
7-8	Rock R to R side, Make ¼ Turn L recover on L (9) 右足右下沉, 左轉90度左足回復(面向9點鐘)
第四段	**Pivot ¼ Turn L, Cross & Heel, & Touch Touch Hitch, Coaster Step**
1-2	Step fwd on R, Make ¼ Turn L (6) 右足前踏, 左轉90度(面向6點鐘)
3&4	Cross R over Left, Step L to L Side, Touch R Heel Fwd 右足於左足前交叉踏, 左足左踏, 右足踵前點
&5&6	Close R next to Left, Touch L to L side, Touch L next to R, Hith L 右足併踏, 左足左點, 左足併點, 左足抬
7&8	Step L back, Close R next to L, Step L fwd. 左足後踏, 右足併踏, 左足前踏
第五段	**Cross, Rock & Cross, Side, Behind-Side-Cross, Rock ¼ Turn R**
1	Cross R over L 右足於左足前交叉踏
2&3	Rock L to L side, Recover on R, Cross L over R 左足左下沉, 右足回復, 左足於右足交叉踏
4	Step R to R side 右足右踏
5&6	Cross L behind R, Step R to R side, Cross L over R 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
7-8	Rock R to R side, Recover on L with ¼ Turn R (9) 右足右下沉, 右足回復右轉90度(面向9點鐘)

RESTART: **in the** 5th wall **after 40 counts (9)**
第五面牆跳至此, 面向9點鐘, 從頭起跳

第六段　　Side Rock, Sailor Step, Behind, ¼ Turn R, Chasse ¼ Turn R

1-2　Rock R to R side, Recover on L
右足右下沉, 左足回復

3&4　Cross R behind L, Step L to L Side, Step R to R side
右足於左足後交叉踏, 左足左踏, 右足右踏

5-6　Cross L behind R, Make ¼ Turn R-stepping R fwd (12)
左足於右足後交叉踏, 右轉90度右足前踏(面向12點鐘)

7&8　Make ¼ Turn R-stepping L to L Side, Close R next to L, Step L to L Side (3)　右轉90度左足左踏, 右足併踏, 左足左踏(面向3點鐘)

第七段　　Cross Rock &, Cross Rock &, Walk Walk, Pivot ½ Turn L

1-2&　Cross Rock R, Recover on L, Step R to R side
右足於左足前交叉下沉, 左足回復, 右足右踏

3-4&　Cross Rock L ,Recover on R, Step L next to right
左足於右足前交叉下沉, 右足回復, 左足併踏

5-6　Walk fwd R,L　前走步-右, 左

7-8　Step R fwd, Make ½ Turn L (9)
右足前踏, 左轉180度(面向9點鐘)

第八段　　Step Touch, Lock Step Back, Touch & Touch, Coaster Step

1-2　Step R fwd, Touch L behind R　右足前踏, 左足於右足後點

3&4　Step L back, Cross R over L, Step L back
左足後踏, 右足於左足前交叉踏, 左足後踏

5&6　Touch R to R side, Close R next to L, Touch L to L side
右足右點, 右足併踏, 左足左點

7&8　Step L back, Close R next to L, Step L fwd
左足後踏, 右足併踏, 左足前踏

TAG: After the 2e wall　加拍:第二面牆結束後

Pivot ½ Turn L x2, Jazz Box Cross

1-2　Step R fwd, Make ½ Turn L　右足前踏, 左轉180度

3-4　Step R fwd, Make ½ Turn L　右足前踏, 左轉180度

5-6　Cross R over L, Step L back　右足於左足前交叉踏, 左足後踏

7-8　Step R to R Side, Cross L over R
右足右踏, 左足於右足前交叉踏
