

Catch A Grenade

LINEDANCE.COM

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Ria Vos (Jan 11)

Music: Grenade by 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 □□□□□□□□ , □□ **90**□□□□□□ , □□□□□□□□

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

□□□□□□□□ , □□ **90**□□□□□□

□□□

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

□□ **180**□□□□ , □□ **180**□□□□

5&6

¼ Turn Left Step R to Right Side, Step L Next to R, step R to Right Side □□ **90**□□□□ ,
□□□□ , □□□□

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

□□□ **180**□ , □□ **90**□□□□

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 □□□□□□□□

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">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

□□□□ , □□□□ 90°

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: There is one restart on wall

5 after count 40 (3:00)

□□□□□□□□ , □□ 3□□ , □□□□

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mso-font-kerning:0pt">

mso-font-kerning:0pt">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 □□□□ , □□□□ , □□□□□□□□ **180°**□□□□□□□□

5&6

Shuffle Fwd stepping R, L, R [] [] - [] , [] , []

7-8

Rock Fwd on L, Recover on R [] [] [] [] , [] [] []

mso-font-kerning:0pt">[] []

mso-font-kerning:0pt">

mso-font-kerning:0pt">Touch Back, 1/2 Turn L, Pivot 1/4 Turn L & Side Rock

with Flick, Chasse L

1-2

Touch L Back, 1/2 Turn Left Stepping weight on L

[] [] [] [] , [] [] 180 [] [] [] [] [] []

3-4

Step Fwd on R, Pivot 1/4 Turn Left [] [] [] [] , [] [] [] [] 90 []

&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

[] [] [] [] [] [] , [] [] [] [] [] [] , [] [] [] [] [] []

mso-font-kerning:0pt">[] []

mso-font-kerning:0pt">

mso-font-kerning:0pt">Syncopated Jazz

Box 1/4 Turn R, Side Rock, Cross, Scissor

□□□□ , □□□□ , □□□□

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

□□□□ , □□□□ , □□□□