

Grenade

Level: Intermediate **Genre:** Pop / R&B
Artist: Bruno Mars
Choreo: Chris Anderson [chrisedith56@hotmail.com]
Speed: Normal **Length:** 3:41
Sequence: A* B Ch C D A B Ch C E D* Ch C D** End
Wait: 2 beats (Start on the words 'EASY GO')

<u>Quick Cues</u>	<u>Quick Cues</u>	<u>Quick Cues</u>
<u>Part A* (30 beats)</u> 2 Heel Rock (L) 4 Travelling Triple 8 2 Windster 4 2 Heel Rock (R) 4 Travelling Triple 8 2 Windster	<u>Part A (32 beats)</u> 4 2 Heel Rock (L) 4 Travelling Triple 8 2 Windster 16 REPEAT <u>Part B (32 beats)</u> 8 Samantha Heel Pivot (1/2 R) 4 Outhouse 4 Triple (R ft) 8 Cowboy (1/2 L) 4 Outhouse 4 Flange & Reverse (Rft) <u>Chorus (32 beats)</u> 16 2 Stomp Sequence Double 8 2 Turkey (L&R) 4 Fancy Double 4 2 Toe Heel Back Touch <u>Part C (24 beats)</u> 8 Crazy Step 8 Michael Step 4 Rocker 1 Rock Step 3 Pause <u>Part D (16 beats)</u> 4 Jazz Box 4 Rock Out Basic 8 REPEAT OPP FOOT	<u>Part D* (16 beats)</u> 4 Jazz Box 4 Rock Out Basic 4 Jazz Box (R ft) 4 Flange & Reverse (Rft) <u>Chorus (32 beats)</u> 16 2 Stomp Sequence Double 8 2 Turkey (L&R) 4 Fancy Double 4 2 Toe Heel Back Touch <u>Part C (24 beats)</u> 8 Crazy Step 8 Michael Step 4 Rocker 1 Rock Step 3 Pause <u>Part D** (32 beats)</u> 4 Jazz Box 4 Rock Out Basic 4 Rocking Chair (1/4 R) 4 Triple (1/4 R) 16 REPEAT <u>Ending (1 beat)</u> 1 Step (OTS)



Restamped '10th July 2022' to current ACA
Format & Terminology.

Step Explanations for: GRENADE

HEEL ROCK:

(P) TCHH(OTS) R(BK) S(XIF)
L L R
& 1 & 2

OUTHOUSE:

DS TCH(OTS) H TCH(XIF) H TCH(OTS) H
L R L R L R L
&1 & 2 & 3 & 4

WINDSTER: (BR CAN BE DT)

DS BR(XIF) H BR(X) H RS
L R L R L RL
&1 & 2 & 3 &4

TRAVELLING TRIPLE:

DS(OTS) DS(XIF) DS(OTS) RS
L R L RL
&1 &2 &3 &4

FANCY DOUBLE:

DS DS RS RS
L R LR LR
&1 &2 &3 &4

SAMANTHA HEEL PIVOT:

DS DS(XIF) DR S(BK) DR S(BK) R H(WGT) PVT(1/2 R) S DS RS
L R R L L R L R R L R LR
&1 &2 & 3 & 4 & 5 & 6 &7 &8

TRIPLE:

DS DS DS RS
R L R LR
&1 &2 &3 &4

COWBOY:

[DS DS DS BR(XIF) H] (FWD) [DS(XIF) R(BK) S(XIF) R(BK) S(XIF) R(BK) S(XIF)] (BK)
L R L R L R L R L R L R L R
&1 &2 &3 & 4 &5 & 6 & 7 & 8

FLANGE AND REVERSE:

DT FLA/S(XIF) (P) S(XIB) SLR(X) S RS
R L/R L R R LR
& 1 & 2 & 3 &4

TURKEY:

LIFT/DR H-FL(OTS) S(XIB) DS RS
L /R L L R L RL
& 1 & 2 &3 &4

STOMP SEQUENCE DOUBLE:

(P) STO DS(XIB) R STO DS(XIB) R STO(OTS) DS DS RS
L R L R L R L RL
& 1 &2 & 3 &4 & 5 &6 &7 &8

STEP:(In this dance S - FWD)

(P) S
R
& 1

TOE HEEL BACK TOUCH:

T-H(XIF) TT(BK) SL
L L R L
& 1 & 2

ROCKER:

RS DS DS RS
LR L R LR
&1 &2 &3 &4

UNCLOG BASIC:

STA-STO SK SL DS RS
L L R L R LR
& 1 & 2 &3 &4

CRAZY STEP:

[DS DS DS-DR/K SL] (FWD) RS DS RS K/DR-SL
L R L L/R L RL R LR L/R R
&1 &2 &3 & 4 &5 &6 &7 & 8

ROCK STEP:

RS
LR
&1

MICHAEL STEP:

DS DS(OTS) LOOP/SC S(XIB) DR/K SL DS(XIB) R(OTS) S(XIF) K/DR-SL K/DR-SL
L R L /R L L/R L R L R L/R R L/R R
&1 &2 & 3 & 4 &5 & 6 & 7 & 8

JAZZ BOX:

T-H(OTS) T-H(XIF) T-H(BK) T-H(BS)
L L R R L L R R
& 1 & 2 & 3 & 4

KARATE:

DS-PVT(1/2 L)/K H (P) S K H
L L /R L R L R
&1 & 2 & 3 & 4

ROCK OUT BASIC:

R(OTS) S R(BK) S DS RS
L R L R L RL
& 1 & 2 &3 &4

BASIC:

DS RS
R LR
&1 &2

DRAG BASIC:(In this dance R(OTS)

K/DR S RS
L/R L RL
& 1 &2

FANCY TRIPLE:

DS(OTS) DS(XIF) DS(XIB) R(OTS) S(XIF)
L R L R L
&1 &2 &3 & 4

ROCKING CHAIR:

DS BR H DS RS
R L R L RL
&1 & 2 &3 &4

STEP PAUSE:

(P) S(FWD) (P) (P)
L
& 1 & 2