

# 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')

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## Quick Cues

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### Part A\* (30 beats)

2 Heel Rock (L)  
4 Travelling Triple  
8 2 Windster  
4 2 Heel Rock (R)  
4 Travelling Triple  
8 2 Windster

### Part B (32 beats)

8 Samantha Heel Pivot  
(1/2 R)  
4 Outhouse  
4 Triple (R ft)  
8 Cowboy (1/2 L)  
4 Outhouse  
4 Flange & Reverse (Rft)

### Chorus (32 beats)

16 2 Stomp Sequence  
Double  
8 2 Turkey (R&L)  
4 Fancy Double  
4 2 Toe Heel Back  
Touch

### Part C (24 beats)

8 Crazy Step  
8 Michael Step  
4 Rocker  
4 Rock Step and Pause

### Part D (16 beats)

4 Jazz Box  
4 Rock Out Basic  
8 REPEAT OPP FOOT

### Part A (32 beats)

4 2 Heel Rock (L)  
4 Travelling Triple  
8 2 Windster  
16 REPEAT

### Part B (32 beats)

8 Samantha Heel Pivot  
(1/2 R)  
4 Outhouse  
4 Triple (R ft)  
8 Cowboy (1/2 L)  
4 Outhouse  
4 Flange & Reverse (Rft)

### Chorus (32 beats)

16 2 Stomp Sequence  
Double  
8 2 Turkey (R&L)  
4 Fancy Double  
4 2 Toe Heel Back  
Touch

### Part C (24 beats)

8 Crazy Step  
8 Michael Step  
4 Rocker  
4 Rock Step and Pause

### Part E (32 beats)

4 Karate (1/2 L)  
4 Unclog Basic  
8 2 Fancy Triple  
4 Karate (1/2 L)  
4 Unclog Basic  
6 3 Drag Basic  
2 Step Pause (R ft)

### Part D\* (16 beats)

4 Jazz Box  
4 Rock Out Basic  
4 Jazz Box (R ft)  
4 Flange & Reverse (Rft)

### Chorus (32 beats)

16 2 Stomp Sequence  
Double  
8 2 Turkey (R&L)  
4 Fancy Double  
4 2 Toe Heel Back  
Touch

### Part C (24 beats)

8 Crazy Step  
8 Michael Step  
4 Rocker  
4 Rock Step and Pause

### Part D\*\* (32 beats)

4 Jazz Box  
4 Rock Out Basic  
4 Rocking Chair (1/4 R)  
4 Triple (1/4 R)  
16 REPEAT

### Ending (1 beat)

1 Step (OTS)



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**Step Explanations for: GRENADE**

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**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 (P) S(FWD) (P) (P)  
L R L R L R L R L RL R  
& 1 &2 & 3 &4 & 5 &6 &7 &8 & 1 & 2

**STEP PAUSE:****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 AND PAUSE:**

RS (P) (P) (P) (P) (P) (P)  
LR  
&1 & 2 & 3 & 4

**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:**

(P) S  
L  
& 1