

# Grab It

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**Count:** 48      **Wall:** 2      **Level:** Beginner / Intermediate

**Choreographer:** Sebastiaan Holtland , NL & Julia Wong, USA (Nov 10)

**Music:** Snatch & Grab It by Dana Gillespie (CD: Blues It Up)

**Start on words "Grab It to the east, Grab it to the west" (23 Sec)**

**[1-8] Sailor Stomp, Sailor Fwd, Mambo Back, Lock Step Back**

**1&2** Step Rf behind Lf, step Lf to the left, stomp forward on Rf weight onto Rf (12:00)

**3&4** Step Lf behind Rf, step Rf to the right, step forward on Lf weight onto Lf

**5&6** Mambo forward on Rf, Recover on Lf, step back on Rf

**7&8** Step back on Lf, lock Rf forward Lf, step Lf back (back Lock step) (12:00)

**[9-16] R Diagonal Kick Fwd, Behind, Side, Fwd, L Diagonal Kick Fwd, Behind, Side, Fwd, 1/2 Pivot L, Continue a 1/2 Turn L, Back, Continue a 1/4 Turn L, Side**

**1&2&** Kick diagonal forward on Rf, step Rf behind Lf, step Lf to the left side, and step forward on Rf weight onto Rf

**3&4&** Kick diagonal forward on Lf, step Lf behind Rf, step Rf to the right side, and step forward on Lf weight onto Lf

**5-6** Step forward on Rf, making a 1/2 turn to left (6) and take weight onto Lf

**7-8** Continue a 1/2 turn to Left (12) and step back on Rf, continue a 1/4 turn to left (9) and step Lf to the left

**[17-24] R Heel Grind, Stomp, Together, L Heel Grind, Stomp, Together, Cross, 1/4 Turn R, Big Step Back, Side, Fwd**

**1&2** Heel grind with Rf (toes from left to right), Step Lf back, stomp Rf beside Lf (9)

**3&4** Heel grind with Lf (toes from right to Left ), step Rf back, stomp Lf beside Rf

**5-6** Cross Rf over Lf, making a 1/4 turn left (12) big step back on Lf

**7-8** Step Rf to the right, step forward on Lf weight onto Lf (12:00)

**[25-32] R Kick Fwd, Back, Mambo Back, Fwd, R Kick Fwd, Back, Mambo Back, Fwd**

**1-2** Kick forward on Rf, step Rf back (12:00)

**3&4** Mambo back on Lf, recover on Rf, step forward on Lf (Mambo back)

**5-6** Kick forward on Rf, step Rf back

**7&8** Mambo back on Lf, recover on Rf, step forward on Lf (Mambo back) (12:00)

**[33-40] 1/2 Pivot L, Continue a 1/2 Turn L, Back, Continue a 1/4 Turn L, Side, R Cross Rock / Recover, Side L Cross Rock / Recover, Side**

**1-2** Step forward on Rf, making a 1/2 turn to left (6) and take weight onto Lf

**3-4** Continue a 1/2 turn to Left (12) and step back on Rf, continue a 1/4 turn to left (9) and step Lf to the left

**5&6** Cross rock forward on Rf, recover on Lf, step Rf to the right weight onto Rf

**7&8** Cross rock forward on Lf, recover on Rf, step Lf to the left weight onto Lf (9:00)

**[41-48] Right Heel Grind Across Left, Weave Left, Right Heel Grind Across Left, Weave Left, 1/2 Pivot L, Continue a 1/2 Turn L, Back, Continue a 1/4 Turn L**

**1&2&** Grind R heel over Lf, step Lf to left, cross step Rf behind Lf, step Lf to the left (9:00)

**3&4&** Grind R heel over Lf, step Lf to left, cross step Rf behind Lf, step Lf to the left

**5-6** Step forward on Rf, making a 1/2 turn to left (3) and take weight onto Lf

**7-8** Continue a 1/2 turn to Left (9) and step back on Rf, continue a 1/4 turn to left (6) and step Lf to the left ending weight onto Lf

**Start Again, Enjoy!**

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