

Intrusive Thoughts

Count: 32

Wall: 4

Level: Low Intermediate

Choreographer: Glenn Ball (USA) - March 2025

Music: INTRUSIVE THOUGHTS - GRANT KNOCHE



Intro: 16 counts (approx. 9.5 secs) to start on first heavy downbeat/vocals

[1 – 8] L Kick, Together, Side R, L Kick, Together, Side R, Hands with “Hip Shoulder Check”

- 1&2 1) Kick L to front left diagonal; &) Step L together; 2) Step side R
3&4 3) Kick L to front left diagonal; &) Step L together; 4) Step side R
5 5) Touch R foot together with both legs straight while you touch your R hand to your L shoulder and your L hand to your R hip
& &) Touch your R hand to your R shoulder and your L hand to your L hip
6 6) Bend L knee while you touch your R hand to your R hip and your L hand to your L shoulder
7 7) Hold
& &) Bend R knee & straighten L knee while you touch your R hand to your L shoulder and your L hand to your R shoulder
8 8) Bend L knee & straighten R knee while you touch your R hand to your R hip and your L hand to your L shoulder

[9 – 16] L Forward-R Tap, 1/4 Turn Big Step, Slide, L Stomp, 2 R Pump Kicks-Hop, 2 L Pump Kicks-Hop

- 1& 1) Step L forward; &) Tap R behind L
2-3,4 2) Turn 1/4 right with big step side R [3:00]; 3) Slide L in towards R; 4) Stomp L together
5&6 5&) Pump kick R to front right diagonal twice; 6) Small hop side right with both feet (weight on R)
7&8 7&) Pump kick L to front left diagonal twice; 8) Small hop side left with both feet (weight on L)

[17-24] Side Rock-Recover-Cross, Side Rock-Recover-Cross, Hitch-Cross-Weave with 1/4 Slide

- 1&2 1) Rock side R; &) Recover weight on L; 2) Step R across L
3&4 3) Rock side L; &) Recover weight on R; 4) Step L across R
&5&6 &) Hitch R knee around from back to front; 5) Step R across L; &) Step side L; 6) Step R behind L
&7&8 &) Step side L; 7) Step R across L; &) Hitch L next to R; 8) Turn 1/4 left stepping big step forward L - [12:00]

[25-32] Charleston Step, 1/2 Pivot*, 1/2 Pivot*, 1/4 Pivot, Stomp

- 1,2,3,4 1) Touch R forward; 2) Step R back; 3) Touch L back; 4) Step L forward
5& * 5) Step forward R; &) Turn 1/2 left taking weight on L [6:00]
6& * 6) Step forward R; &) Turn 1/2 left taking weight on L [12:00]
7&8 7) Step forward R; &) Turn 1/4 left taking weight on L [9:00]; 8) Stomp together R

***Non-turn option: 5&6&: “Rocking Chair”: 5) Rock forward R; &) Recover weight on L;**

6) Rock back R; &) Recover weight on L

Begin again with this as your “new” 12:00 starting reference wall. Keep it fun and funky, add your own style, and have a “ball”!!

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