

Disturbia

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Lam Lam (HK) - March 2016

Musique: Nightcore - Disturbia



Alt. music: Disturbia by Rihanna (3:54mins)

Intro: 32 count

(1-8) Walk Fwd RLR Kick, Walk Back LRL & Touch

1234 Walk Fwd on R L R & Kick
5678 Walk Back on L R L & Toe Touch Back 12:00

(9-16) Full Turn R, Coaster Step, Walk Fwd L R L, drag & touch

1 2 1/2R Step on R (1), 1/2R Step L back (2)
3&4 Step back on R(3), Step together on L(&), Step R fwd(4)
5 6 Walk fwd on L R (5,6)
7 8 Step L fwd(7), Drag R towards L & Touch (8) 12:00

(17-24) Cross, Side, Sailor Heel & Cross 1/4L, 1/4L into Side Shuffle

1 2 Cross R over L(1), Step L to side(2)
3&4 Cross R behind L(3), Step L next to R(&), Dig R Heel diagonal right
&5 6 Step R beside L(&), Cross L over R(5), 1/4L Step back on R(6)
7&8 1/4L Step L to side(7), Step together on R (&), Step L to side(8)6:00

(25-32) Jazz Box 1/4 Turn R, Rocking Chair on R

1234 Cross R over L(1), 1/4R Step L back(2), Step R to side(3), Step L fwd(4)
5678 Rock fwd on R(5), Recover on L(6), Rock back on R(7), Recover on L(8)9:00

Tag : 32 counts tag to be added after Wall 4 & 8, both facing 12:00

(1-8) Figure 8

123 Step R to side(1), Cross L behind R(2), 1/4R Step R fwd(3),
45 Step L fwd (4), Pivot 1/2R(5),
678 1/4R Step L to side(6), Cross R behind L(7), 1/4L Step L fwd(8)

(9-16) Rocking Chair on R, Pivot 1/2L, Paddle 1/4L

1234 Rock fwd on R(1), Recover on L(2), Rock back on R(3), recover fwd on L(4)
5678 Step R fwd(5), pivot 1/2L(6), Step R fwd(7), pivot 1/4L(8)

(17-24) Cross, Side, Sailor Step, Cross 1/4L, Back Lock Step

12 Cross R over L(1), Step L to side(2)
3&4 Cross R behind L(3), Step L to side (&), Step R to side(4)
56 Cross L over R(5), 1/4L Step R back(6)
7&8 Step L back(7), Cross lock R over L(&), Step L back(8)

(25-32) Back Rock, Shuffle Fwd R, Walk LRL 3/4 Turn L & touch

12 Rock back on R(1), Recover weight fwd on L(2)
3&4 Step R fwd(3), Step L beside R(&), Step R Fwd(4)
5678 Walk LRL 3/4 Turn Left (5,6,7), Touch R beside L(8)

Contact: zoom2607@yahoo.com.hk

