

Disturbia

拍数: 32 墙数: 4 级数: Improver
编舞者: Gaye Teather (UK) - August 2008
音乐: Disturbia - Rihanna : (CD: Good Girl Gone Bad)



Intro: 32 count intro

Kick-Ball-Cross. Side Toe Strut. Squat/Lunge. Behind-Side-Cross

1&2 Kick Right forward. Step Right beside Left. Cross Left over Right
3 – 4 Step Right toe to Right side (slightly forward of Left). Drop Right heel to floor
5 – 6 Bend both knees slightly whilst lunging to Right. Straighten up and recover onto Left

(Hands on thighs during squat/lunge)

7&8 Step Right behind Left. Step Left to Left. Cross Right over Left

Side Rock & Cross. Side. Cross. Quarter Turn Left X 2. Cross Rock & Sweep

1&2 Rock Left to Left side. Recover onto Right. Cross Left over Right
3 – 4 Step Right toe to Right side bending Right knee in and dipping knees slightly. Step Left toe over Right

(steps 3 – 4 are a tip-toeing motion to coincide with the word "creep" in the song)

5 – 6 Quarter turn Left stepping back on Right. Quarter turn Left stepping Left to Left side (Facing 6 o'clock)

7&8 Cross rock Right over Left. Recover onto Left. Sweep Right out and around behind Left

Back. Back. Coaster Step. Step Forward. Hold & Clap. & Step & Step

1 – 2 Step back Right behind Left. Sweep Left out and around stepping Left behind Right
3&4 Step back on Right. Step Left beside Right. Step forward on Right
5 - 6 Step forward on Left. Hold & clap
&7 Step Right beside Left. Step forward on Left
&8 Step Right beside Left. Step forward on Left

Forward Rock. Triple Full Turn Right. Heel Grind Quarter Turn Left. Coaster Step

1 – 2 Rock forward on Right. Recover onto Left
3&4 Triple full turn Right stepping Right. Left. Right

Easier option: Right coaster step

5 – 6 Touch Left heel forward and grind heel making quarter turn Left (weight on Right) (Facing 3 o'clock)

7&8 Step back on Left. Step Right beside Left. Step forward on Left

Start Again