

# 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