

Disturbia

拍数: 32 墙数: 4
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音乐: Disturbia - Rihanna

级数: Easy Intermediate



Intro: 32 Count

Side, Rock, R Sailor, Skate, Skate, Skate, Skate,

- 1-2 Rock out to right side on R foot, Recover on L foot,
3&4 Swing R foot behind L, stepping behind L foot(3), Step L foot to left side(&), Step R foot to R side(4),
5-8 Skate moving fwd L, R, L, R,

Step Fwd, Touch, R Coaster, Step, Pivot 1/2, Fwd Shuffle,

- 1-2 Step fwd on L foot, Touch R foot next to L foot,
3&4 Step Back on R foot, Step L next to R, Step R foot fwd,
5-6 Step fwd on L foot, Pivot ½ Stepping R fwd,
7&8 Shuffle fwd, L, R, L,

Press, Slide, Press, Slide, Side Rock, Cross Shuffle

- 1-2 Press ball of R foot next to L, Slide L foot to L side,
3-4 Press ball of R foot next to L, Slide L foot to L side,
5-6 Rock R foot to right side, Recover on L foot,
7&8 Cross R foot over L foot, Step L foot to left side, Cross R foot over L foot,

Touch Out, Touch In, Touch Out, ¼ Hitch, Step, Together, Swivel Heels

- 1-3 Touch L foot to left side, Touch L next to R, Touch L to L side,
4 ¼ Turn left twisting on R foot, Hitching L foot,
5-6 Step fwd on L foot, Step R foot next to L foot,
7-8 Swivel heels out, Look right(7), Swivel heels in, Look forward(8),

Start again!
