

Linda's DISTURBIA

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Linda Vivona (USA) - November 2024
音樂: DISTURBIA
或: Disturbia - Rihanna



RIGHT HEEL IN FRONT, RIGHT HEEL HOOK, HEEL FRONT AND BEHIND. RIGHT ROCK BACK, RECOVER LEFT, RIGHT SHUFFLE FORWARD

1-4 Right heel in front, right heel hook, right heel in front and right heel behind
5,6, 7&8 Rock back right, recover on the left. Shuffle forward right, left, right,

LEFT SHUFFLE FORWARD, RIGHT ROCKING CHAIR

1&2, 3,4,5, 6 Shuffle forward left, right, left. Right rock forward, recover left, right rock back, recover left
7,8 Step forward right ½ turn to the left.

KICK RIGHT FOOT 2XS STEP RIGHT, LEFT, RIGHT IN PLACE, KICK LEFT FOOT 2XS, STEP LEFT, RIGHT, LEFT IN PLACE

1,2,3,&4 Kick right foot forward twice, step in place right, left, right
5,6,7,&8 Kick left forward twice, step in place left, right, left

SYNCOPATED CHASSE' RIGHT WITH CLAPS. LEFT ROCK OVER RIGHT. LEFT RECOVER. ¼ TURN TO THE LEFT. LEFT COASTER STEP

1,2,& Step side with right foot on count "1", hold
3,4,& a nd clap on count "2", bring left foot to right foot on "&", step side right on count "3", hold and clap on count "4", bring left foot to right foot on "&"
5,6, 7&8 Left rock over right, recover right. 1/4 turn to the left, left coaster step
