

DISRUPTED

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Count: — **Wall:** 4 **Level:** advanced

Choreographer: Cody Stevens & Jason Cummings

Music: Gossip Folks - Edited Version by Missy Elliot

Sequence: AB, AB, AAB, A, A (1-8), B

PART A

- 1 Step right foot to 45 right while pushing right hip and knee out
- & Push hip back to original position
- 2 Push right hip and knee back out
- & Transfer weight to right foot while lifting left foot in air preparing for next step
- 3 Step left foot to a 45 left while pushing left hip and knee out
- & Push hip back to original position
- 4 Push left hip and knee back out
- & Transfer weight to left foot while lifting right foot in air preparing for next step
- 5 Kick right foot forward while lifting left shoulder up and dropping right shoulder down
- & Hitching right knee up while dropping left shoulder and raising right shoulder
- 6 Kick right foot out to right side while lifting left shoulder and dropping right shoulder down
- & Bring right knee back into hitch position while dropping left shoulder down and raising right shoulder
- 7 Touch right foot out to right side, weight still on left shoulders square off
- & Drop body into squat position and moving in a semi circle to right side shifting weight to right foot
- 8 Bring body back up and (meant to be a fluid motion) weight onto right foot
- & Shift weight back to left foot

- 9 Kick right foot to a 45 across left foot
- & Step right foot down while lifting left foot behind right knee
- 10 Step left foot back down kicking right foot forward

- &** Step right foot down while turning to a 45 right and lifting left foot up
- 11** Kick left foot across right
- &** Step left foot down while lifting right foot behind left knee
- 12** Step right foot back down and kick left foot forward
- &** Start stepping left foot to left side while squaring off body to wall
- 13** Step left foot to left side
- &** Lift right slightly off floor
- 14** Step right foot down while turning body to 45 left
- &** Point both arm straight out to sides of body
- 15** Start squatting into position with right knee turned in towards body while pushing both hand towards floor palms down
- 16** Rise body back up while turning knee back out to position hands still in front of body palms facing floor finish facing 9:00

- 17** Facing 9:00 lift right knee into hitch position while leaning body back
- 18** Touch right toe back weight still on left
- 19** Pivot $\frac{1}{4}$ to right facing 12:00 leaning toward left
- 20** Slide left foot back in beside right straightening body up

- &** Step right foot slightly back while lifting left in air
- 21** Step left foot forward and move right hand to left side of face while staring $\frac{1}{4}$ turn to right
- 22** Complete $\frac{1}{4}$ turn right and shift weight to left
- &23-24** Repeat &21-22 only use right hand to left side of face and pull your self into turn

- 25** Step right foot to a 45 right while turning body to a 45 left
- 26** Slide left to right
- 27** Step left foot to a 45 left while turning body to a 45 right
- 28** Slide right foot to left and face body straight towards wall (now facing 6:00)
- 29** Step right foot forward

- &** Move right knee in towards body
- 30** Move right knee back out
- 31** Step left knee forward
- &** Move left knee in towards body
- 32** Move left knee back out transfer weight to left foot

- &** Kick right out to right side
- 33** Bring right foot behind left leg
- &** Kick right out to right side
- 34** Bring right foot in front of left leg
- &** Kick right foot out to right side
- 35** Repeat 33
- &** Kick right foot out to right side
- 36** Step right foot down even weight on both feet
- 37** Extend both arms straight out from body clinched fists
- 38** Extend both arms to left side fists still clinched left arm straight out and right across body and turn left knee in towards body
- 39** Pivot body $\frac{1}{4}$ left (3:00) while head stays facing (6:00)
- 40** Turn head to face (3:00) weight on right

- &** Step left foot back and put arms down
- 41** Step right foot forward
- 42** Step left foot forward
- 43** Step right foot forward
- 44** Step left foot forward
- 45** Step right foot forward
- &** Rock back on left
- 46** Step back on right
- &** Rock forward on left

- 47** Step right foot forward
- &** Rock back on left while starting ½ turn pivot to right
- 48** Complete ½ pivot to right while pushing left palm past face and snapping head around
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- 49** Step left foot out to left side and lean body out to left bouncing shoulders
- &** Continue leaning to left side and bouncing shoulders
- 50** Continue leaning to left side and bouncing shoulders
- 51** Start leaning back up and continue bouncing shoulder
- &** Continue leaning back up bouncing shoulders
- 52** Complete coming back up still bouncing shoulders
- &** With weight on right, kick left leg out to left side throwing arms out to left side
- 53** Drop arms back down and place left foot back into original position
- &** With weight on left, kick right leg out to right side throwing arms out to right side
- 54** Drop arms back down and place right foot back in original position
- &** With weight on right, kick left leg out to left side throwing arms out to left side
- 55** Drop arms back down and place left foot back into original position
- &** With weight on right, kick left leg out to left side throwing arms out to left side
- 56** Drop arms back down and place left foot back into original position
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- 57** Kick right leg to right side
- 58** Bring right leg in to left leg, still raised like a hitch
- 59** Kick right leg to right side
- &** Touch right toe to right side
- 60** Pivot ½ turn on left foot to right side, touching right toe left to left foot
- &** Step right foot back
- 61** Step forward on left foot
- 62** Kick right foot forward
- &** Step onto right foot raise left leg slightly off the ground
- 63** Touch left toe behind right foot

64 Unwind full turn to left, ending with left foot slightly in front

PART B

- 1 Walk forward on right foot
- 2 Walk forward on left foot
- 3 Rock forward on right foot
- & Rock weight back onto left foot
- 4 Rock back on right foot
- & Rock weight forward onto left foot
- 5 Walk forward on right foot
- 6 Walk forward on left foot
- 7 Rock forward on right foot
- & Rock weight back onto left foot
- 8 Rock back on right foot, put right arms out making fist

- 9 Hit right fist with left hand turning $\frac{1}{4}$ turn to the left
- 10 Continue movement with arms, keep both arms extended to right side
- 11 Bring both arms to center of chest
- 12 Stretch left arm down to side while leaning onto left leg, slide right arm down left side as you stretch out left arm
- 13 Straighten body back to center, start bringing both arms back to center of chest.
- 14 Continue movement by bringing arms back to center of chest
- 15 Pivot $\frac{1}{4}$ turn with weight on both feet
- 16 Put both arms straight out to front with a rolling motion

- 17 Walk forward on right foot
- 18 Walk forward on left foot
- 19 Rock forward on right foot
- & Rock weight back onto left foot
- 20 Rock back on right foot

- &** Rock weight forward onto left foot
- 21** Walk forward on right foot
- 22** Walk forward on left foot
- 23** Rock forward on right foot
- &** Rock weight back onto left foot
- 24** Rock back on right foot, put right arms out making fist

- 25** Hit right fist with left hand turning $\frac{1}{4}$ turn to the left
- 26** Continue movement with arms, keep both arms extended to right side
- 27** Bring both arms to center of chest
- 28** Stretch left arm down to side while leaning onto left leg, slide right arm down left side as you stretch out left arm
- 29** Straighten body back to center, start bringing both arms back to center of chest.
- 30** Continue movement by bringing arms back to center of chest
- 31** Pivot $\frac{1}{4}$ turn with weight on both feet
- 32** Put both arms straight out to front with a rolling motion