

# DISTURBIA

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**Count:** 32      **Wall:** 4      **Level:** Beginner / Intermediate

**Choreographer:** Gaye Teather (UK) Aug 08

**Music:** Disturbia by Rihanna (CD: Good Girl Gone Bad [128bpm])

## **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**