

In Disturbia

IMPROVER

32 Count 4 Walls

Choreographed by: Gitte Stehr

Choreographed to: Disturbia by Rihanna

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- 1 Walk, walk, kick ball step, out-out, in-in**
1 - 2 Step r forward, step l forward
3 & 4 Kick r forward, step r next to l, step l forward
5 - 6 Step r diagonal forward, step l diagonal forward
7 - 8 Step r back, step l next to r (weight on l) (12 o'clock)
- 2 Point, turn, step, lock, step, cross, unwind, back rock**
1 - 2 Point r back, 1/2 turn right
3 & 4 Step l forward, lock r behind l, step l forward
5 - 6 Cross r over l, unwind (weight on r)
7 - 8 Rock back on l, recover on r (weight on r) (12 o'clock)
- 3 Kick ball cross x2, side, touch, turn, touch**
1 & 2 Kick l diagonal to left side, step l next to r, cross r over l
3 & 4 Kick l diagonal to left side, step l next to r, cross r over l
5 - 6 Step l to left side, touch r next to l
7 - 8 Turn 1/4 right stepping r forward, touch l next to r (3 o'clock)
- 4 Point, hitch, side, touch, rolling vine, step forward**
1 - 2 Point l to left side, hitch l in front of you
3 - 4 Step l to left side, touch r next to l
5 - 6 1/4 turn right stepping r forward, 1/2 turn right stepping l back
7 - 8 1/4 turn right stepping r forward, step l forward (weight on l) (3 o'clock)
Ending Last wall starts on wall 3. In the last section (starting towards 6 o'clock) instead of stepping l forward (count 8), cross l over r. Then slowly unwind on the last 4 counts of the music (12 o'clock)
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