

Disturbia

32 Count, 4 Wall, Improver

Choreographer: Gaye Teather (UK) Aug 2008

Choreographed to: Disturbia by Rhianna,

CD: Good Girl Gone Bad (128 bpm)

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 (6:00)
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*) (3:00)
7&8 Step back on Left. Step Right beside Left. Step forward on Left

Choreographed for Lukas who hoped I would, thought I wouldn't – so I did!

Music download available from iTunes