

# Disturbed

Count: 48

Wall: 4

Level: Advanced

Choreographer: David J. McDonagh (WLS)

Music: On My Radio - The Woolpackers



## 3 TOE SWITHCES, HOOK, TOE (REPEAT ON OPPOSITE FEET)

- 1&2 Touch right toe forward, step right beside left, touch left toe forward
- &3 Step left beside right, touch right toe forward
- &4 Hook right across left shin, touch right toe forward
- &5 Step right beside left, touch left toe forward
- &6 Step left beside right, touch right toe forward
- &7 Step right beside left, touch left toe forward
- &8 Hook left across right shin, touch left toe forward

## & SCUFF, HITCH, BACK, 3 SNAKE ROLLS

- & Step left beside right
- 9&10 Scuff right heel forward, raise/hitch right knee, step right back
- 11-12 Snake roll to right side while turning a ¼ right
- 13-14 Snake roll to left side while turning an 1/8 right
- 15-16 Snake roll to right side while turning an 1/8 right

You should now be facing 6:00 wall

## SCUFF, HITCH, BACK & SHUFFLES, STEP ½ TURN

- 17&18 Scuff left heel forward, raise/hitch left knee, step left back
- & Hook right across left shin
- 19&20 Shuffle ½ a turn left stepping-right, left, right and traveling towards 6:00 wall
- 21&22 Shuffle ½ a turn left stepping left, right, left and traveling towards 6:00 wall
- 23-24 Step right forward, pivot ½ a turn left sliding left beside right

## MODIFIED RUNNING MAN STEPS

- 25 Jump feet shoulder width apart
- & Jump feet together hooking right behind left calf while turning ½ left
- 26 Jump feet shoulder width apart
- & Jump feet together hooking right behind left calf while turning ½ right
- 27 Jump feet shoulder width apart
- & Jump feet together while turning ¼ left
- 28 Hold for 1 beat (you should now be facing 9:00 wall)

## HAND WORK

- 29 Bring both arms in front of you crossing left arm over right with fists clenched
- 30 Keeping arms in front of you slap right hand on left bicep and left hand on right bicep
- & Keeping arms in front of you swing left hand up/left ending vertically
- 31 Keeping arms in front of you swing right hand up/right ending vertically
- 32 Drop both arms and tilt head down-and relax!

## MASHED POTATO STEPS

- & Swivel both heels apart
- 33 Swivel both heels together while sliding right back
- & Swivel both heels apart
- 34 Swivel both heels together while sliding left back
- & Swivel both heels apart

35 Swivel both heels together while sliding right back  
& Swivel both heels apart  
36 Swivel both heels together

**TOE POINTS, MODIFIED SAILOR STEP**

& Swivel both heels apart raising/hitching right knee  
37 Swivel left heel in while pointing right toe to right side  
& Swivel both heels apart raising/hitching right knee  
38 Swivel left heel in while pointing right toe to right side  
39 Step right behind left swiveling left heel to center  
&40 Step left to left side, cross right over left

**JUMPS BACK, PENDULUM SWINGS, UNWIND FULL TURN**

41&42 With feet crossed jump back 3 times in the count 41&42  
43& Point right toe to right side, step right beside left  
44& Point left toe to left side, step left beside right  
45-46 Point right toe to right side, cross right behind left  
47-48 Unwind a full turn right. (you should now be facing 9:00 wall)

**REPEAT**

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