

Ez Thriller

拍数: 32 墙数: 2 级数: Improver
编舞者: Joan Caviness (USA) - October 2014
音乐: Thriller - Michael Jackson



THE SWIM

- 1-2 Step right foot forward and bring left foot to right ("swim" arms); face 10:30, move 12:00
- 3-4 Repeat 1-2
- 5-6 Step left foot forward and bring right foot to left ("swim" arms); face 1:30, move 12:00
- 7-8 Repeat 5-6

THE CLAW

- 1-2 Step toward 3:00 with right then left (arms in "claw" position)
- & Quickly switch weight to right foot
- 3-5 Lift knees up (left, right, left) as you swing arms to left, right, left
- 6-8 Walk toward 9:00 with left, right, left (arms in "claw" position)

THE EGYPTIAN

- 1 Slap arms to outer thighs
- 2 Slap hands together overhead, bringing feet together
- 3 Lunge to left with right leg out to side (right foot stays on floor), bring arms down to thighs again and begin head wobbles
- 4-6 Continue head wobbles (or shoulder shimmies) as slowly drag right foot to left, stamping right foot on 6 (no weight)
- &7 Shrug shoulder up and down
- &8 Snap head to left and front

THE ZOMBIE

- 1-8 Stamp right foot (no weight) repeatedly as you turn to left to face 6:00; hunch shoulders and loll head to left side

Joan Caviness - Dance 'til you Drop
dtydjoan@outlook.com - 919-539-1458
LIKE: <https://www.facebook.com/dtydrop>