

Dance Like A Zombie

拍數: 32 牆數: 4 級數: Beginner
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音樂: Doin' the Zombie - Chubby Checker



Start after about 30 seconds on "There's a new dance"

Counterclockwise rotation; start weight on L; sequence after intro: 32, 8(R), 32, 32, 32, 32, 4(T), 32, 32, 32
NOTE: This is an easy novelty dance so have fun with it; styling throughout should be jerky and zombie-like!

[1-8] □ "KICK", STEP, "KICK", STEP, OUT, OUT, IN-IN, TILT HEAD RIGHT-LEFT

Styling: keep knees locked and legs stiff

- 1-4 Lift R leg forward, step R in place; left L leg forward, step L home
- 5-6, &7 Step R to side, step L to side (small steps); step R in, step L home (wt L)
- &8 Jerk head quickly R-L like you're working a kink out of your neck; HINT: lean onto L (you don't have to do the same thing every time; try a shoulder hitch or roll for variety) *Restart here during the 2nd repetition at [9]

[9-16] □ ROCKING CHAIR 2X

- 1-4 (Hands over ears--your head hurts) Rock forward R, recover weight to L, rock back R, recover weight to L
- 5-8 (Drop hands, wiggling fingers stiffly) Repeat rocking chair (momentum is forward)

[17-24] □ STEP, HOLD, STEP, HOLD, ROCK, RECOVER, SIDE ¼ RIGHT, FORWARD ¼ LEFT

Styling: on counts 1-4, keep knees locked; on holds, jerk as though the step shook your body

- 1-2 Swing R leg around, stomping forward with toe in (pigeon-toed), HOLD
- 3-4 Swing L leg around, stomping forward with toe in (pigeon-toed), HOLD
- 5-6 Rock R forward with toes in, recover weight L
- 7& Turn right ¼ [3] stepping side R, twisting torso R, then look over R shoulder (&)
- 8 Turn left ¼ [12] stepping onto L and turning head forward

[25-32] □ STEP, HITCH, BUMP L, R, FORWARD ¼ LEFT, HITCH, BUMP R, L

- 1-4 Step forward R, hitch L, step L to side bumping to L, bump R
- 5-8 Turn left ¼ [9] stepping onto L, hitch R, step R to side bumping R, L

TAG: There is an easy 4 count TAG after the 6th repetition facing [9] on heavy beats in the music.

- 1-4 Vee step (zombie style, of course)

Okay, that's the beginner version with one restart and one easy tag, so have fun and ignore the rest of this step sheet. All rights reserved, Lisa McCammon, dancinsfun@gmail.com, www.peterlisamcc.com, September 2015.

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MWA-HA-HA

Optional 36-count Tag. Substituting this Tag will add slightly to the difficulty, but it's still do-able for most dancers.

- 1&2&3&4 Keeping left foot in place and knees locked, chug left ½ stepping R-L-R-L-R-L-R ending at [3], weight on R.

After the chug turn, this very easy Wobble-esque 32-count sequence goes with the "jump to the rhythm" lyrics, and is mostly just little jumps and bounces. Remember you're a zombie, and your "bounces" will be spastic

&1, 2-3-4 Small jump fwd to left diagonal stepping L, touch R home, bounce 3X (wt stays L)
&5, 6-7-8 Small jump fwd to right diagonal stepping R, touch L home, bounce 3X (wt stays R)
1-8 Repeat previous 8
1-8 Mirror previous 8 but start with a jump BACK to left diagonal, then BACK to right diagonal
&1, 2 Small jump back to left diagonal stepping L, touch R home, bounce once
&3, 4 Small jump back to right diagonal stepping R, touch L home, bounce once
&5 Small jump back to L diagonal stepping L, touch R home
&6 Turn right ¼ [6] making small jump to right side, touch L home
&7 Small jump to L stepping L, touch R home
8 HOLD
