

She's A Thrilla

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Kim Meiss (USA) - March 2018
音樂: She's a Thrilla (feat. Seven) - J. Young



#16 count intro. Dance starts with verse.

SLOW WALKS, WALKS, STEP OUT RIGHT AND LEFT, HEEL POP

1,2 Step forward on right, Hold
3,4 Step forward on left, Hold
5,6 Step forward on right, step forward on left
&7 Step right foot out, Step left foot out (Feet hip width apart, weight on both feet)
&8 Lift both heels, put both heels back down

[Option for Absolute Beginners: Replace heel pop with a Hold]

TOE STRUTS BACKWARD, WALKS BACKWARD

1,2 Step backward on the ball of the right foot, drop the right heel
3,4 Step backward on the ball of the left foot, drop the left heel
5,6,7,8 4 walks backward right, left, right, left

STEP 1/8 TURNS, HIP BUMPS

1,2 Step forward on right, turn 1/8 left placing weight onto left foot
3,4 Step forward on right, turn 1/8 left placing weight onto left foot [9:00]
5,6,7,8 Bump Hips right four times

STEP CROSS STEP HITCH, SIDE TOGETHER, SIDE TOGETHER

1,2 Step left to side, cross right in front of left
3,4 Step left to side, hitch right knee
5,6,7,8 Step right to side, step left beside right, step right to side, step left beside right

Choreographer's Notes

The dance is designed to be very easy to learn and follow for Beginning dancers, but also fun for experienced dancers to add enhancements. Optional styling suggestions follow (Think Michael Jackson)

Section 1: Fists overhead and elbows out on heel pop, or replace with pelvic tilt/belt grab.

Section 2: Turn backward walks into a moonwalk.

Section 3: Add shoulder isolations and transfer weight a little farther right on each hip bump.

Section 4: Do the Thriller monster arms with the knee hitch. Drag the left leg like a zombie on the last 4 counts.

Last Update – 14th April 2018