

Thriller

拍數: 0 牆數: 2 級數: Advanced
編舞者: Mary McConnell & Marilene Sisco (USA)
音樂: Thriller - Michael Jackson



Sequence: A, MJ TAG, AB, MJ TAG, CA, TURNING MJ TAG, A(61-92), B(1-16), D, TURNING MJ TAG, BBB, B(1-28), 4-COUNT HOLD, E

Starts with dancers facing 9:00 wall with the dancers right side to 12:00 wall; dance begins on vocal

PART A (1-92)

STEP RIGHT, LEFT TOGETHER WITH HIP SHIMMY(4)

1-4 Step right foot to right side while shimmying hips with knees slightly bent, step left foot beside right on count 4 dropping both arms on count 4

Right arm is raised and extended straight forward at right shoulder level, parallel to floor; left arm raised and extended to left side of body at left shoulder level parallel to floor on count 1-3, dropping arms on count 4

5-8 Repeat 1-4

9-12 Repeat 1-4

13-16 Repeat 1-4

JAZZ BOX TURNING ¼ RIGHT(2)

17-20 Step right foot across and in front of left foot, step back on left foot, turning ¼ right, step right foot to right, step left beside right

20-24 Repeat 17-20

STEP RIGHT, LEFT TOGETHER WITH HIP SHIMMY(4)

25-28 Step right foot to right side while shimmying hips with knees slightly bent, step left foot beside right on count 28 dropping both arms on count 28

Right arm is raised and extended straight forward at right shoulder level, parallel to floor; left arm is raised and extended to left side of body at left shoulder level parallel to floor on count 25-27, dropping arms on count 28

29-32 Repeat 25-28

33-36 Repeat 25-28

57-60 Repeat 25-28

JAZZ BOX TURNING ¼ LEFT, JAZZ BOX WITHOUT TURN

41-44 Step right foot across and in front of left foot, step back on left foot, turning ¼ left step right foot to right side, step left foot beside right

45-48 Step right foot across and in front of left, step left foot back(no turn), step right foot to right side, step left beside right

KNEE ROCKS WITH KICK

49-52 Weight on right foot, rock knees right 3 times, kick left foot to left side on count 52

53-56 Weight on left foot, rock knees left 3 times, kick right to right side on count 56

57-60 Repeat 49-52

THRILLER POINTS

61-64 Weight on left foot, point right toe to right side, thrusting right arm/hand extended above head to left, weight on right foot, point left toe to left side, thrusting left arm/hand extended above head to right

65-68 Repeat 61-64

PADDLE LEFT WITH SHOULDER DROPS

69-72 Step left, paddle with right foot turning 1/8 left, step left, paddle with right foot turning 1/8 left
When stepping left, left shoulder drops, when, paddling with right foot, right shoulder drops alternating

73-76 Repeat 69-72

THRILLER POINTS

77-84 Repeat 61-68

PADDLE LEFT WITH SHOULDER DROPS

85-92 Repeat 69-76

MJ TAG

On 12:00 wall

1-4 Weight on left foot, point right foot right, step right, point left foot left, step left, point right foot right, hold count 4

5-8 Weight on left foot, right knee hitched with right toes on floor(right heel raised), rock right knee right three times, swivel on balls of feet left and right on count "&8"

Flick right wrist right with finger snaps three times while rocking knees right three times

JAZZ BOX BRIDGE TURNING ¼ RIGHT(3)

1-4 Step right foot across and in front of left foot, step back on left foot, turning ¼ right, step right foot to right side, step left beside right, step left beside right

5-8 Repeat 1-4

9-12 Repeat 1-4

PART B (1-32)

SYNCOPATED SHUFFLE TAG RIGHT AND LEFT

On 12:00 wall

1& Shuffle step right foot right, shuffle step left foot right

2& Shuffle step right foot right, shuffle step left foot right

3& Shuffle step right foot, left foot with toe touch at left

4& Hold

5 With weight still on right foot, point left foot across and in front of right foot

6 Hold

7 With weight still on right foot, reverse left foot back to left side and point

8 Hold

Both arms are raised at shoulder level towards direction of shuffle with fingers curled slightly monster style

9& Shuffle step left foot left, shuffle step right foot left

10& Shuffle step left foot left, shuffle step right foot left

11& Shuffle step left foot left, point right foot to right

12& Hold

13 With weight still on left foot, point right foot across and in front of left foot

14 Hold

15 With weight still on left foot, reverse right foot back to right side and point

16 Hold

Both arms are raised at shoulder level towards direction of shuffle with fingers curled slightly monster style

SYNCOPATED SHUFFLE TAG RIGHT AND LEFT(REPEAT)

17-32 Repeat 1-16 as immediately above

PART C

JAZZ BOX BRIDGE TURNING ¼ RIGHT(2)

1-4 Step right foot across in front of left foot, step back on left foot, turning ¼ right, step right foot to right, step left beside right

5-8 Repeat 1-4

TURNING MJ TAG

- 1 Weight on left foot, point right foot right
&2 Step right, point left foot left
&3 Step left turning ¼ right, pointing right foot right
4 Hold
5-8 Weight on left foot, right knee hitched with right toes on floor(right heel raised), rock right knee right three times, swivel on balls of feet left and right on count "&8"

Flick right wrist right with finger snaps three times while rocking knees right three times

PART D

MONSTER STOMPS

- 17-18 Stomp right foot forward, hold
19-20 Stomp left forward, hold
21-22 Stomp right foot forward, hold
23-24 Stomp left forward, hold

Arms are raised and extended in front of body at shoulder level monster style during this sequence

PART E

MONSTER STOMPS RIGHT, LEFT, TURNING ¼ LEFT(4 TIMES)

- 1-2 Stomp forward on right foot, hold
3-4 Stomp left foot left turning ¼ left, hold
5-6 Stomp forward on right foot, hold
7-8 Stomp left foot left turning ¼ left, hold
9-10 Stomp forward on right foot, hold
11-12 Stomp left foot left turning ¼ left, hold
13-14 Stomp forward on right foot, hold
15-16 Stomp left foot left turning ¼ left, hold

Arms are raised and extended in front of body at shoulder level monster style during this sequence

At end the narrator laughs madly as do the dancers as they back off dance floor monster stomp style
