

Thriller Moves

拍數: 120 牆數: 2 級數: Intermediate/Advanced
編舞者: Bill Klein
音樂: Unknown



The first 8 counts is done only once at the beginning of the song

1 Step right in place
Right arm bent slightly forward bending wrist on counts 1, 3, 5, 7 head to right shoulder

2 Step left in place
3 Step right in place
4 Step left in place
5 Step right in place
6 Step left in place
7 Step right in place
8 Step left in place

9-10 Step right side on right

Forward back hip contraction as many as possible in time

&11-12 Step left beside right
13-14 Step right side on right
&15-16 Step left beside right

17 Step right to right

Arms together at waist level then apart in continuous motion like swimming, repeat faster

18 Step left together
& Step right to right
19 Step left together
20 Pivot ½ to the right on right foot
21 Step left on left foot

Arms together at waist level then apart in continuous motion like swimming, repeat

22 Step right together
23 Step left on left foot
24 Step right together

25-26 Step right side on right

Forward back hip contraction as many as possible in time

&27-28 Step left beside right
29-30 Step right side on right
&31-32 Step left beside right

33 Step right to right

Arms together at waist level then apart in continuous motion like swimming repeat faster

34 Step left together
& Step right to right
35 Step left together
36 Pivot ½ to the right on right foot
37 Step left on left foot

Arms together at waist level then apart in continuous motion like swimming, repeat

38 Step right together
39 Step left on left foot
40 Step right together

41-42 Step back on left
43-44 Tilt head back strike pose
45-46 Bend at waist
Both arms down by side
47&48 Shuffle forward right-left-right

49-50 Straighten up

Straighten body up

51-52 ½ Turn left
53-54 Step back on left
55&56 ½ Turn left

57 Left leg forward raise heel

Left hand on belt hips thrust forward

58 Lower left heel

Right wrist flicks hips back

59 Left leg forward raise heel

Left hand on belt hips thrust forward

60 Lower left heel

Right wrist flicks hips back

61 Left leg forward raise heel

Left hand on belt hips thrust forward

62 Lower left heel

Right wrist flicks hips back

63 Stand straight legs together

Arms overhead clap

64 Stand straight legs together

Arms straight down

65 Large step to right

Relax shoulders

66-67 Drag left slowly

Alternate shoulder raises

68 Stand straight up legs together

Both arms down

69 Look left

70 Look center

71 Arms overhead clap

Arms overhead clap

72 Both arms down

Both arms down

73 Steps to left

Relax shoulders

74-75 Drag right slowly

Alternate shoulder raises

76 Stand straight up legs together

Both arms down

77 Look right

78 Look center

79 Arms overhead clap

Arms overhead clap

80 Both arms down

Both arms down

81 Turn right diagonal heel up
Claw arms up
82 Step right foot down
Claw arms down
83 Turn left diagonal heel up
Claw arms up
84 Step left foot down
Claw arms down
85 Turn right diagonal heel up
Claw arms up
86 Step right foot down
Claw arms down
87 Turn left diagonal heel up
Claw arms up
88 Step left foot down
Claw arms down

89 Touch right toe to right
90 Pivot ½ on left step right next to left
91 Point left to left
92 Step left next to right
93-94 Step right and hold
Hands on knees - crunch over
95-96 Step left and hold
Hands on knees - crunch over

97-98 Step right and hold
Hands on knees - crunch over
99-100 Step left and hold
Hands on knees - crunch over
101-105 Paddle turn moving right foot

106-107 Shake down hands to floor
Hands to the floor
108-112 Rotate to the right

113-116 Shake right fist overhead to right
Move fist back and forth over head
117-120 Swing both arms left right
Swing both arms left right at waist

REPEAT
