

Zombie Thriller

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Amanda Andrews (USA) - October 2013
音樂: Thriller - Michael Jackson



RIGHT SIDE STEP, HIP THRUSTS, RIGHT SIDE STEP, HIP THRUSTS

1 & 2 Step right to side while thrust pelvis forward, thrust pelvis back, thrust pelvis forward
Spread right arm forward, left arm behind you (hands in claws) while upper body & head twisted to left
&3&4 Thrust pelvis back, bring left together while thrust pelvis forward, thrust pelvis back, thrust pelvis back
Spread right arm forward, left arm behind you (hands in claws) while upper body & head twisted to left
5 & 6 Step right to side while thrust pelvis forward, thrust pelvis back, thrust pelvis forward
&7&8 Thrust pelvis back, bring left together while thrust pelvis forward, thrust pelvis back, thrust pelvis back

ROCK RIGHT FORWARD, ROCK RIGHT BACK, ½ TO THE LEFT, STOMP RIGHT, STOMP LEFT

1 – 2 Rock right forward, recover to left
3 – 4 Rock right back, recover to right
5 – 6 Step right forward, ½ turn to the left (end with weight on left)
7 – 8 Stomp right together, stomp left in place

RIGHT SIDE STEP, HIP THRUSTS, RIGHT SIDE STEP, HIP THRUSTS

1 & 2 Step right to side while thrust pelvis forward, thrust pelvis back, thrust pelvis forward
Spread right arm forward, left arm behind you (hands in claws) while upper body & head twisted to left
&3&4 Thrust pelvis back, bring left together while thrust pelvis forward, thrust pelvis back, thrust pelvis back
Spread right arm forward, left arm behind you (hands in claws) while upper body & head twisted to left
5 & 6 Step right to side while thrust pelvis forward, thrust pelvis back, thrust pelvis forward
&7&8 Thrust pelvis back, bring left together while thrust pelvis forward, thrust pelvis back, thrust pelvis back

ROCK RIGHT FORWARD, ROCK RIGHT BACK, ½ TO THE LEFT, STOMP RIGHT, STOMP LEFT

1 – 2 Rock right forward, recover to left
3 – 4 Rock right back, recover to right
5 – 6 Step right forward, ½ turn to the left (end with weight on left)
7 – 8 Stomp right together, stomp left in place

WALK, WALK, WALK, TOUCH, WALK, WALK, WALK, TOUCH

1 – 2 Step right forward, step left forward
Arms ¼ turn angles (elbows at side), hands in claws, brings claws across body to right side, then left side
3 – 4 Step right forward, touch left to side
Arms ¼ turn angles, hands in claws, brings claws across body to right side, bring claws up to the left in the air, head look at the claws
5 – 6 Step left back, step right back
Arms ¼ turn angles(elbows at side), hands in claws, brings claws down & across body to right side, then left side
7 – 8 Step left back, touch right to side, with right knee bent
Arms ¼ turn angles, hands in claws, brings claws across body to right side, then left side

HIP THRUSTS, ¼ TO THE RIGHT JAZZ BOX

1 & 2 Tilt pelvis upward to right, tilt pelvis back to left, tilt pelvis upward to right
&3&4 Tilt pelvis back to left, tilt pelvis upward to right, tilt pelvis back to left, tilt pelvis upward to right
Arms ¼ turn angles, hands in claws, brings claws across body to right, left, right, left, right (with

hips)

&5-6

Tilt pelvis back to left, cross right over left, step left back making $\frac{1}{4}$ turn to the right

7 – 8

Step right to side, bring left together

REPEAT

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