Thrill To Dance

級數: Ultra Beginner

編舞者: Barbara Lowe (UK) - December 2013

音樂: Thriller - Michael Jackson

Also: /Thriller / Heads will Roll - Glee Cast cd: Season 2

Start on singing on both tracks

拍數: 24

The zombie walk walk forward ,walk back

- 1-2 Walk forward Right Left (Walk stiff)
- 3-4 Walk forward Right Left
- 5-6 Walk back Right Left
- 7-8 Walk back Right Left

Hip bumps and claps

- 9-10 Step Right to Right side ,Bump hip twice to Right
- 11-12 Step Right to Right side, close Left next to Right clap hands above your head
- 13-14 Step Left foot to Left side, Bump hips twice to Left
- 15-16 Step Left to Left side, close Right next to Left, clap hands above your head

Knee bend, walk, 1/2 turn paddle left

- 17-18 Walk forward, Right Left hands on knees
- 19-20 Turn your head to look over your left shoulder then face centre
- 21-22 Walk forward Right, Left hands on knees
- 23-24 1/2 turn pivoting on the ball of Left turning left 1/4 left 12oclock 9oclock weight end on left

Start again

Note for the more experienced dancers:-

On the hip bumps in Sec2 hands with palms facing down swing both hands to the right for 2 counts on right hip bump and then left on left hip bump.

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牆數:2