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| Dance Like A Zombie |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Lisa McCammon (USA) - September 2015 | | | | |
| **Music:** | Doin' the Zombie - Chubby Checker | | | | |
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**Start after about 30 seconds on "There's a new dance"**

**Counterclockwise rotation; start weight on L; sequence after intro: 32, 8(R), 32, 32, 32, 32, 4(T), 32, 32, 32**

**NOTE: This is an easy novelty dance so have fun with it; styling throughout should be jerky and zombie-like!**

**[1-8] "KICK", STEP, "KICK", STEP, OUT, OUT, IN-IN, TILT HEAD RIGHT-LEFT**

**Styling: keep knees locked and legs stiff**

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| 1-4 | Lift R leg forward, step R in place; left L leg forward, step L home |

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| 5-6, &7 | Step R to side, step L to side (small steps); step R in, step L home (wt L) |

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| &8 | Jerk head quickly R-L like you're working a kink out of your neck; HINT: lean onto L (you don't have to do the same thing every time; try a shoulder hitch or roll for variety) \*Restart here during the 2nd repetition at [9] |

**[9-16] ROCKING CHAIR 2X**

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| 1-4 | (Hands over ears--your head hurts) Rock forward R, recover weight to L, rock back R, recover weight to L |

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| 5-8 | (Drop hands, wiggling fingers stiffly) Repeat rocking chair (momentum is forward) |

**[17-24] STEP, HOLD, STEP, HOLD, ROCK, RECOVER, SIDE ¼ RIGHT, FORWARD ¼ LEFT**

**Styling: on counts 1-4, keep knees locked; on holds, jerk as though the step shook your body**

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| 1-2 | Swing R leg around, stomping forward with toe in (pigeon-toed), HOLD |

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| 3-4 | Swing L leg around, stomping forward with toe in (pigeon-toed), HOLD |

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| 5-6 | Rock R forward with toes in, recover weight L |

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| 7& | Turn right ¼ [3] stepping side R, twisting torso R, then look over R shoulder (&) |

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| 8 | Turn left ¼ [12] stepping onto L and turning head forward |

**[25-32] STEP, HITCH, BUMP L, R, FORWARD ¼ LEFT, HITCH, BUMP R, L**

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| 1-4 | Step forward R, hitch L, step L to side bumping to L, bump R |

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| 5-8 | Turn left ¼ [9] stepping onto L, hitch R, step R to side bumping R, L |

**TAG: There is an easy 4 count TAG after the 6th repetition facing [9] on heavy beats in the music.**

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| 1-4 | Vee step (zombie style, of course) |

**Okay, that's the beginner version with one restart and one easy tag, so have fun and ignore the rest of this step sheet. All rights reserved, Lisa McCammon, dancinsfun@gmail.com, www.peterlisamcc.com, September 2015.**

**This step sheet is not authorized for publication on Kickit.**

**MWA-HA-HA**

**Optional 36-count Tag. Substituting this Tag will add slightly to the difficulty, but it's still do-able for most dancers.**

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| 1&2&3&4 | Keeping left foot in place and knees locked, chug left ½ stepping R-L-R-L-R-L-R ending at [3], weight on R. |

**After the chug turn, this very easy Wobble-esque 32-count sequence goes with the "jump to the rhythm" lyrics, and is mostly just little jumps and bounces. Remember you're a zombie, and your "bounces" will be spastic**

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| &1, 2-3-4 | Small jump fwd to left diagonal stepping L, touch R home, bounce 3X (wt stays L) |

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| --- | --- |
| &5, 6-7-8 | Small jump fwd to right diagonal stepping R, touch L home, bounce 3X (wt stays R) |

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| 1-8 | Repeat previous 8 |

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| 1-8 | Mirror previous 8 but start with a jump BACK to left diagonal, then BACK to right diagonal |

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| &1, 2 | Small jump back to left diagonal stepping L, touch R home, bounce once |

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| --- | --- |
| &3, 4 | Small jump back to right diagonal stepping R, touch L home, bounce once |

|  |  |
| --- | --- |
| &5 | Small jump back to L diagonal stepping L, touch R home |

|  |  |
| --- | --- |
| &6 | Turn right ¼ [6] making small jump to right side, touch L home |

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| --- | --- |
| &7 | Small jump to L stepping L, touch R home |

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| 8 | HOLD |