

Zombie Nation

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: William Ambrose (UK)
音乐: Zombie Nation - Kernkraft 400



All song suggestions are from the Ministry Of Sound album. This is one of those albums where the songs mix into each other. I would suggest that you put the track you use on repeat so that you know when to stop dancing. There is a 16 count intro for Zombie Nation from the moment the song starts.

SHUFFLE RIGHT FORWARD, ½ TURN RIGHT SHUFFLE LEFT BACK, FULL TURN RIGHT, ½ TURN RIGHT SHUFFLE RIGHT FORWARD

- 1&2 Step forward on right, close left beside right, step forward on right
- 3&4 On ball of right foot turn a ½ turn right while stepping left back, close right beside left, step back on left
- 5-6 On ball of left turn a ½ turn right stepping right forward, on ball of right turn a ½ turn right stepping left back
- 7&8 On ball of left foot turn a ½ turn right while stepping right forward, close left beside right, step right forward

SIDE CLOSE, CHASSE LEFT, BACK SLIDE, SHUFFLE RIGHT BACK

- 9-10 Step left to left side, close right beside left,
- 11&12 Step left to left side, close right beside left, step left to left side
- 13-14 Step back on right, slide left beside right
- 15&16 Step back on right, close left beside right, step back on right

RUNNING MAN STEPS FORWARD, LEFT FORWARD ROCK, TRIPLE STEP A ¾ TURN LEFT

- & Hitch left leg while slightly sliding right in place backwards
- 17&18 Step left leg down, hitch right leg while slightly sliding left in place backwards, step right leg down
- &19&20 Repeat &17&18
- & Hitch left leg while slightly sliding right in place backwards
- 21-22 Rock forward on left, rock back on right
- 23&24 Triple step a ¾ turn left stepping left, right, left

RIGHT KICK BALL TOUCH, LEFT KICK CROSS UNWIND A ½ TURN RIGHT, RIGHT SAILOR STEP, LEFT SAILOR STEP

- 25&26 Kick right foot forward, step right in place, touch left toe to left side
- 27&28 Kick left foot forward, cross left over right, unwind a ½ turn right, (weight ends on left foot)
- 29&30 Step right behind left, step left in place, step right back to place
- 31&32 Step left behind right, step right in place, step left back to place

REPEAT