Ez Thriller



編舞者: Joan Caviness (USA) - October 2014

音樂: Thriller - Michael Jackson



THE SWIM

1 0	Step right foot forward and bring left foot to right ("swim" arms): face 10:30, move 12:00
1-2	Step from 1000 forward and pring left 1000 to from C Swift arms), face 10.30, move 12.00

3-4 Repeat 1-2

5-6 Step left foot forward and bring right foot to left ("swim" arms); face 1:30, move 12:00

7-8 Repeat 5-6

THE CLAW

1-2 Step toward 3:00 with right then left (arms in "claw" position)

& Quickly switch weight to right foot

3-5 Lift knees up (left, right, left) as you swing arms to left, right, left 6-8 Walk toward 9:00 with left, right, left (arms in "claw" position)

THE EGYPTIAN

1	Slap arms	to	outer	thiahs

2 Slap hands together overhead, bringing feet together

3 Lunge to left with right leg out to side (right foot stays on floor), bring arms down to thighs

again and begin head wobbles

4-6 Continue head wobbles (or shoulder shimmies) as slowly drag right foot to left, stamping right

foot on 6 (no weight)

&7 Shrug shoulder up and down&8 Snap head to left and front

THE ZOMBIE

1-8 Stamp right foot (no weight) repeatedly as you turn to left to face 6:00; hunch shoulders and

loll head to left side

Joan Caviness - Dance 'til you Drop dtydjoan@outlook.com - 919-539-1458 LIKE: https://www.facebook.com/dtydrop