

Thriller Dance

Part 1:

- Zombie Walk:
- Starting with your right foot, take one step forward every 2 beats with one shoulder shrug (head tilts right and shoulder up) to your right on count 8
 - Starting with your right foot, take one step backwards every beat with one shoulder shrug on count 4 and 8
- Power Step:
- Left arm straight out in front, right arm straight back
 - Take a big step to your right and bend knees through step; shake hips and arms as you move through step; head flicks back and down as you take step
 - repeat for a second step to the right with no head movement
- Superman:
- Angling to the left, lead with left leg (bring right to close) 2X, with arms in the breast stroke position for each step; first step flick head back then forward
 - Repeat everything to the right 2X, leading with the right leg
- 3 up/down:
- Moving right, take three small steps (R,L,R) with the third step extending the leg away from the body; look to the ceiling; right hand then slaps face turning the body to the left and hanging down
- Power Up:
- Face front with both hands on hips and bend knees and raise up on tip toes 3X
- Attitude slide:
(Step, slide, stomp, look)
- Facing front, hands clap over head with full arm extension; step left (wide), then slide right leg close to left leg, followed by a stomp with the right foot; attempt to shrug, shake your head while sliding; shrug shoulders, look left then return to front
 - (Repeat entire sequence in right direction): Facing front, hands clap over head with full arm extension; step right (wide), then slide left leg close to right leg, followed by a stomp with the left foot; attempt to shake your head while sliding; shrug shoulders, look left then return to front
- 8 count break:
- Thriller pose (claws) pointed in direction you are travelling; angle right and step R,L,R (quick steps); angle left and step L,R,L (quick steps); repeat again for right and left direction
- Shimmy:
- Raise your hands to the right in the Thriller pose; swing hands to left and swing right foot behind left leg the same time as the hands; step right and shimmy hands (hands in fists to the side of your body) and hips (3X) followed by a right hand punch right and left leg kick left (shimmy shimmy shimmy punch/kick)
 - Shimmy to the left followed by left hand punching right and right leg kicking left
- Thriller Strut
- Thriller pose facing to the right; walk two steps sideways; swing arms L,R,L; Thriller pose facing to the left; walk two steps sideways; swing arms R,L,R
- Jumps
- Jump and set your feet shoulder width apart; from a standing position rotate your arms from in front of you in a circle (CCW) over your head and back in front of you but as they come down you bend your waist; dangle arms for 3 counts
 - Swing right arm (R,L,R); jump 180 degrees to the right
 - Swing right arm (L,R,L); jump 180 degrees to the left (now facing front)

- Arm/Guitar Hero/
Pump:
- Raise right arm like your celebrating; hold for about 3 counts; pretend you are holding an air guitar and move the hand that holds the neck of the guitar in a CW circle
 - Raise right hand above head and with fist closed pump arm 4X
- Pull and Punch:
- Facing right, extend both arms in that direction; pull yourselves towards your fists; pivot left and punch the air 3X (R,L,R)
 - Face forward with hands on knees (ready position) for 4 counts; pivot on right foot with left foot stepping six steps so you have turned 180 degrees; on the 7th count, look back (towards the front) while remembering to stay in the ready position; with hands still on knees, take 10 steps (moving towards the back); then turn to front with “Thriller” pose when the music says, “And this is Thriller...”
- Part 2:
- Jump:
- Jump and land right foot, then left; pivot to face left and place elbows on hips, shrug shoulders; extend both arms in the left direction; pull yourselves towards your fists
 - Cross your left leg in front of your right and then step with your right leg far out to the side (step/cross); repeat in left direction (cross your right leg in front of your left and then step with your left leg far out to the side (step/cross); repeat back to the right (cross your left leg in front of your right and then step with your right leg far out to the side (step/cross)
- Arms/Shimmy/
Walk/Spin
- Arms above head (hands in fists) for about 3 counts then start shimmying above your head; walk 3 steps forward starting with your right foot; legs jump apart then cross with right leg in front of left that allows you to spin 720 degrees to your left (2 spins), finishing with right hand in the air (pointer finger up), then move onto tips of toes
- (Repeat)
- Jump:
- Jump and land right foot, then left; pivot to face left and place elbows on hips, shrug shoulders; extend both arms in the left direction; pull yourselves towards your fists
 - Cross your left leg in front of your right and then step with your right leg far out to the side (step/cross); repeat in left direction (cross your right leg in front of your left and then step with your left leg far out to the side (step/cross); repeat back to the right (cross your left leg in front of your right and then step with your right leg far out to the side (step/cross)
- Arms/Shimmy/
Walk/ Kick/Spin
- Arms above head (hands in fists) for about 3 counts then start shimmying above your head; walk 2 steps forward starting with your right foot into KICK, ARM UP, SINGLE SPIN, ARMS TO SIDE, ARM UP, SINGLE SPIN, ARM UP...
- Shimmy:
- Raise your hands to the right in the Thriller pose; swing hands to left and swing right foot behind left leg the same time as the hands; step right and shimmy hands (hands in fists to the side of your body) and hips (3X) followed by a right hand punch right and left leg kick left (shimmy shimmy shimmy punch/kick)
 - Shimmy to the left followed by left hand punching right and right leg kicking left
- Thriller Strut
- Thriller pose facing to the right; walk two steps sideways; swing arms L,R,L;
Thriller pose facing to the left; walk two steps sideways; swing arms R,L,R
- Jump
- Face forward with hands on knees (ready position) for 4 counts; pivot on right foot with left foot stepping six steps so you have turned 180 degrees; on the 7th count, look back (towards the front) while remembering to stay in the ready position; with hands still on knees, take 4 steps (moving towards the back); then turn to front with “Thriller” pose when the music says, “And this is Thriller...”

Thriller Dance

(Headings)

Part 1:

Zombie Walk

Power Step

Superman

3 up/down

Power Up

Attitude slide

8 count break

Shimmy

Thriller Strut

Jumps

Arm/Guitar Hero/Pump

Pull and Punch

Part 2:

Jump, elbows, shrug, pull to left;

3 steps (legs to side)

Arms/Shimmy/Walk/Spin

(Repeat)

Jump, elbows, shrug, pull to left;

3 steps (legs to side)

Arms/Shimmy/Walk/...

KICK, ARM UP, SPIN, ARMS SIDE, ARM UP,

SPIN, ARM UP

Shimmy & Thriller Strut

Jump & Walk