

Dance Like A Zombie

32 Count, 4 Wall, Beginner

Choreographer: Lisa McCammon

Choreographed to: Doin' The Zombie by Chubby Checker.
(102 BPM)

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

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

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

&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

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

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

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

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

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

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

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

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

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

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

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

Okay, that's the beginner version with one restart and one easy tag, so have fun

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

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 <g>*

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

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

1-8 Repeat previous 8

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

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

&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

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

8 **HOLD**