

Thrill the World-Thriller

Objectives

Grade	Objective
1 - 5	To demonstrate the introduction and basic sections 1-3 in time to the music.
6 - 12	To demonstrate five different Thriller steps in time to the music. Explain the different types of turns used in the dance. To identify some of the different steps by name and the order they are danced in.

Lesson Summary

♫ Thriller; by Michael Jackson 5.12 minute version. Start on the floor coming up slowly on 38 seconds, start with zombie march on 54. Song ends at 5:58

1. Zombie March- forward & back-repeat forward & back
 2. March 8 walks forward with Right Shoulder Shrug on counts 1 5 & 7 & Booty Bounce & Swim Together Jump
 3. Shuffle Ha Slide
 4. Hip N' Roar & Stomp (stomp short version)
 5. Wuz Up
 3. Shuffle Ha Slide
 6. Oh Snap Rock On
 7. Head N' Shoulders
 8. Stomp Pivot Turns (longer version, no wuz up)
 3. Shuffle Ha Slide
 6. Oh Snap Rock On
 7. Head N' Shoulders (with Prep)
 4. Hip & Roar & Stomp Pivot turns (shorter version, no wuz up)
 1. Zombie March forward & back- repeat forward & back
 2. March 8 walks forward with Right Shoulder Shrug on counts 1 5 & 7 Booty Bounce & Swim Together Jump
 3. Shuffle Ha Slide
 4. Wuz Up
 1. Zombie March- forward & back repeat forward & back
 8. Stomp Pivot Turns (longer version no wuz up)
- SCARE! Hold pose, zombie march to exit.

Coming up

🕒 5 minutes

(a) Start down on the floor and use the introduction to slowly come up looking scary like a ghost in a graveyard coming back to life.

Activity 1: Zombie March forward & back – stiff body, swing arms

🕒 5 minutes

- i. Right foot step forward
- ii. Left foot forward
- iii. Right foot step forward
- iv. Left foot forward
- v. Right foot step back
- vi. Left foot back
- vii. Right foot step back
- viii. Left foot back
- ix. Repeat Steps 1-8

Activity 2: –March– Shoulder step, nothing step, shoulder step, shoulder step forward & back. Bootie & Swim– Bootie bounce, bootie bounce, repeat. Swim together swim jump, repeat – Claw hands on swim together.

🕒 10 minutes

- x. Right foot step forward, shrug right shoulder/head tilt right
- xi. Left foot step forward
- xii. Right foot forward
- xiii. Left foot forward
- xiv. Right foot step forward, shrug right shoulder/head tilt right
- xv. Left foot step forward
- xvi. Right foot forward, shrug right shoulder /head tilt right
- xvii. Left foot forward
- xviii. Repeat counts 1-8 going back

Turn ¼ turn to left, extend arms out to side

- xix. Right foot steps to side,
- xx. Move booty & bounce
- xxi. Left foot closes to right foot,
- xxii. Move booty & bounce
- xxiii. Right foot steps to side,

- xxiv. Move booty & bounce
- xxv. Left foot closes to right foot,
- xxvi. Move booty & bounce
- xxvii. Swim action with arms, right foot to side
- xxviii. Left foot closes to right,
- xxix. Swim action with arms, right foot to side
- xxx. Jump feet together & turn ¼ to right
- xxxi. Swim action with arms, left foot to side
- xxxii. Right foot closes to right,
- xxxiii. Swim action with arms, left foot to side
- xxxiv. Jump feet together,

Activity 3: Shuffle Ha Slide–Shuffle, lean back, hop hop, lean forward turn left, look forward stare stare. Down ha– make face

🕒 10 minutes

- (a) Shuffle back hop hop forward turn look stare, stares. Down ha x 4. Down clap slide slide slide stomp & shoulders look left. Down clap slide slide slide stomp & shoulders & prep. (Tommy Cooper hands)
 - i. Right foot springs out to side,
 - ii. Lean back,
 - iii. Double hop to right ending bent forward with arms hanging down loosely by sides
 - iv. Switch body to left
 - v. Look forward & stare, stare stare
 - vi. Bend down & up right arm extended taking right hand down & up. Left hand on belt
 - vii. Take left foot to side and pilie
 - viii. Close right to left and clap hands above head
 - ix. Slide left foot out to side & swing arms down in circle, shimmy, slowly closing right foot to right foot stomp,
 - x. Shrug both shoulders up,
 - xi. Look left
 - xii. Bend into both knees
 - xiii. Raise and clap hands above head
 - xiv. Slide right foot out to side & swing arms down in a circle shimmy, slowly closing left foot to left foot stomp,
 - xv. Shrug both shoulders up,
 - xvi. Right leg swings behind left & both arms swing across body to left (prep)

Activity 4: Hip & Roar– Rock hips to right & left, walk walk roar turn roar turn roar turn (with claws), walk walk roar turn roar turn jump & land, circle shakin’ it & an upper, shakin’ it & an upper. Stomp Pivot Turn

🕒 15–minutes

- (b) Rock Hips small- walks to right & left with roar action arms- Right hip right hip right hip tuck in & out snap fingers. Left hip left hip in & roar (big)
 - i. Rock hips to right & left & 1 & 2 & 3
 - ii. Take right arm out to the side, taking left leg in & out & 4
 - iii. Rock hips to left & right & 5 & 6 & 7
 - iv. Lean slightly left & raise right leg (prep)
 - v. Walk right foot to side
 - vi. Left foot crosses over right foot
 - vii. Walk right foot to side, roar turn left roar turn right, roar turn left
 - viii. Walk left foot to side
 - ix. Right foot crosses over left foot
 - x. Walk left foot to side, roar turn left, roar turn right
 - xi. Jump feet apart & circle arms up & around to right ending down
 - xii. Shimmy shoulders down & up x 2 (shakin’ it & an upper, shakin’ it & an upper)
 - xiii. Making half a turn to right stomp left, stomp right stomp left to face back –look to front over left shoulder. (stomp stomp stomp look left)
 - xiv. Walk left, right, left & turn to face left to face front

Activity 5: Wuz Up (short version)

🕒 5 –minutes

- xv. Forward right foot
- xvi. Forward left foot
- xvii. Forward right, left, right (cha cha cha shaking shoulders and arms)
- xviii. Repeat left foot, right foot, left right left
- xix. Back right foot
- xx. Back left foot
- xxi. Back right left right, (cha cha cha shaking shoulders and arms)
- xxii. Repeat right foot left foot right left right.

Activity 3: Shuffle Ha Slide–Shuffle, lean back, hop hop, lean forward turn left, look forward stare stare. Down ha– make face

🕒 10 minutes

- (c) Shuffle back hop hop forward turn look stare, stares. Down ha x 4. Down clap slide slide slide stomp & shoulders look left. Down clap slide slide slide stomp & shoulders & prep. (Tommy Cooper hands)
 - i. Right foot springs out to side,
 - ii. Lean back,
 - iii. Double hop to right ending bent forward with arms hanging down loosely by sides
 - iv. Switch body to left
 - v. Look forward & stare, stare stare
 - vi. Bend down & up right arm extended taking right hand down & up. Left hand on belt
 - vii. Take left foot to side and pilie
 - viii. Close right to left and clap hands above head
 - ix. Slide left foot out to side & swing arms down in circle, shimmy, slowly closing right foot to right foot stomp,
 - x. Shrug both shoulders up,
 - xi. Look left
 - xii. Bend into both knees
 - xiii. Raise and clap hands above head
 - xiv. Slide right foot out to side & swing arms down in a circle shimmy, slowly closing left foot to left foot stomp,
 - xv. Shrug both shoulders up,
 - xvi. Look Left (not a prep)

Activity 6: Oh Snap Rock On. Rock hips & snap fingers to right & left, jump ½ turn to right repeat rock hips & jump ½ turn to left– Oh snap 2 3 4 5 6 7 8. Jump snap 2 3 4 5 6 7 8. Jump reach air guitar to the right, tick tock tick tock. Rock on rock on rock on rock on grab pull in punch punch punch down

🕒 15 minutes

- xvii. Step to side on RF. Rock hips to right & left taking right arm out to right side first & in
- xviii. Jump ½ turn to right & rock hips to right & left taking right arm out to right side first

- xix. Jump ½ turn to left reaching over with right arm body roll to the right (Air Guitar going back, right, forward, & swig back to right)
- xx. Reach right arm over head
- xxi. Tick Tock robot style x 2 leaning to the left arms down by sides
- xxii. Swing hips & twist feet salt shaker arm over head &1 &2 &3 &4 to left first
- xxiii. Lunge to right reaching both arms out to side 5
- xxiv. Grab, pull arms in to waist & turn ¼ left 6
- xxv. Punch punch punch right, left, right 7&8 ending down

Activity 7: Head n' Shoulders. Hold, hold stomp right, left, head left head right shoulders knees &/snap toes, hold & point, hold & point & point hold & pose hold head head, hold hips & hands, walk left right left star down hold 2 3 4 & pose left & pose right rise 2 3 4.

🕒 20 minutes

- xxvi. Hold, hold 1 2 in pilie, head forward hands on thighs
- xxvii. Right foot stomp &
- xxviii. left foot stomp 3 ending with feet apart
- xxix. Head looks to left & right & 4
- xxx. Shoulder shrug 5 (shoulders)
- xxxi. Body turn to left with fists in 6 (knees & toes)
- xxxii. Close point right to left (M J special) 7 8 (arms go forward on close, into hips on point)
- xxxiii. Close left to right (hold) points right close right to left (hold) point left &1 2 & 3 4
- xxxiv. Close left to right & point (no hold) 5 6
- xxxv. Hold and pose Arms over head macho man (Weight on right foot, pointing left to side right arm over head, left arm up to side of face)
- xxxvi. Hold head looks to left & right
- xxxvii. Hold hips and hands
- xxxviii. Left foot step forward crossing over right
- xxxix. Right foot forward crossing over left
- xl. Left foot step forward crossing over right
- xli. Star shape & 3
- xlii. Down on 4
- xliii. Hold for 5 6 7 8
- xliv. Come up slowly and pose left, pose right (creepy ghost like poses)
- xlv. Rise up more binging arms up & down to side

Activity: 8–Stomp Pivot turns (sumo stance) – longer counts (No Wuz Up)

🕒 5–minutes

- xlvi. Making half a turn to right stomp for 123456 to face back –look to front over left shoulder on 78
- xlvii. Stomp forward left, right, 345678 turn to left to face front
- xlviii. Making half a turn to right stomp for 123456 to face front –look to back over left shoulder on 78
- xlix. Stomp left, right, 345678 facing front
 - l. Stay down for 4 counts then slowly rise up for 5678 (extra 8 counts of music?)

Activity 3: Shuffle Ha Slide–Shuffle, lean back, hop hop, lean forward turn left, look forward stare stare. Down ha– make face

🕒 10 minutes

- (d) Shuffle back hop hop forward turn look stare, stares. Down ha x 4. Down clap slide slide slide stomp & shoulders look left. Down clap slide slide slide stomp & shoulders & prep. (Tommy Cooper hands)
 - i. Right foot springs out to side,
 - ii. Lean back,
 - iii. Double hop to right ending bent forward with arms hanging down loosely by sides
 - iv. Switch body to left
 - v. Look forward & stare, stare stare
 - vi. Bend down & up right arm extended taking right hand down & up. Left hand on belt
 - vii. Take left foot to side and pilie
 - viii. Close right to left and clap hands above head
 - ix. Slide left foot out to side & swing arms down in circle, shimmy, slowly closing right foot to right foot stomp,
 - x. Shrug both shoulders up,
 - xi. Look left
 - xii. Bend into both knees
 - xiii. Raise and clap hands above head
 - xiv. Slide right foot out to side & swing arms down in a circle shimmy, slowly closing left foot to left foot stomp,
 - xv. Shrug both shoulders up,
 - xvi. Look Left (not a prep)

Activity 6: Oh Snap Rock On. Rock hips & snap fingers to right & left, jump ½ turn to right repeat rock hips & jump ½ turn to left– Oh snap 2 3 4 5 6 7 8. Jump snap 2 3 4 5 6 7 8. Jump reach air guitar to the right, tick tock tick tock. Rock on rock on rock on rock on grab pull in punch punch punch down

🕒 15 minutes

- xvii. Step to side on RF. Rock hips to right & left taking right arm out to right side first & in
- xviii. Jump ½ turn to right & rock hips to right & left taking right arm out to right side first
- xix. Jump ½ turn to left reaching over with right arm body roll to the right (Air Guitar going back, right, forward, & swig back to right)
- xx. Reach right arm over head
- xxi. Tick Tock robot style x 2 leaning to the left arms down by sides
- xxii. Swing hips & twist feet salt shaker arm over head &1 &2 &3 &4 to left first
- xxiii. Lunge to right reaching both arms out to side 5
- xxiv. Grab, pull arms in to waist & turn ¼ left 6
- xxv. Punch punch punch right, left, right 7&8 ending down

Activity 7: Head n' Shoulders. Hold, hold stomp right, left, head left head right shoulders knees &/snap toes, hold & point, hold & point & point hold & pose hold head head, hold hips & hands, walk left right left star down hold 2 3 4 & pose & pose rise 2 3 4.

🕒 20 minutes

- xxvi. Hold, hold 1 2 in pilie, head forward hands on thighs
- xxvii. Right foot stomp &
- xxviii. left foot stomp 3 ending with feet apart
- xxix. Head looks to left & right & 4
- xxx. Shoulder shrug 5 (shoulders)
- xxxi. Body turn to left with fists in 6 (knees & toes)
- xxxii. Close point right to left (M J special) 7 8 (arms go forward on close, into hips on point)
- xxxiii. Close left to right (hold) points right close right to left (hold) point left &1 2 & 3 4
- xxxiv. Close left to right & point (no hold) 5 6
- xxxv. Hold and pose Arms over head macho man (Weight on right foot, pointing left to side right arm over head, left arm up to side of face)
- xxxvi. Hold head looks to left & right

- xxxvii. Hold hips and hands
- xxxviii. Left foot step forward crossing over right
- xxxix. Right foot forward crossing over left
 - xl. Left foot step forward crossing over right
 - xli. Star shape & 3
 - xlii. Down on 4
 - xliii. Hold for 4 counts
 - xliv. Come up slowly and pose left, pose right (creepy ghost like poses)
 - xlv. Go back down for 4 counts
 - xlvi. Rise up more bringing arms up & prep

Activity 4: Hip & Roar– Rock hips right & left walk walk roar turn roar turn roar turn, walk walk roar turn roar turn jump & land. Stomp Pivot Turns –shorter count (No Wuz Up)

🕒 15–minutes

- (e) Rock Hips- walks to right & left with roar action arms
 - i. Rock hips to right & left & 1 & 2 & 3
 - ii. Take right arm out to the side, taking left leg in & out & 4
 - iii. Rock hips to left & right & 5 & 6 & 7
 - iv. Lean slightly back & raise right leg (prep)
 - v. Walk right foot to side
 - vi. Left foot crosses over right foot
 - vii. Walk right foot to side, roar right, left, right
 - viii. Walk left foot to side
 - ix. Right foot crosses over left foot
 - x. Walk left foot to side, roar left, right
 - xi. Jump feet apart & circle arms up & around ending down
 - xii. Shimmy shoulders up & down x 2 (shakin' it up, shakin' it up)
 - xiii. Making half a turn to right stomp, stomp stomp to face back –look to front over left shoulder.
 - xiv. Walk left, right, left & turn to face left to face front

Activity 1: March forward & back

🕒 5 minutes

- (a) Zombie March forward & back. (small steps forward)
 - i. Right foot step forward
 - ii. Left foot forward
 - iii. Right foot step forward
 - iv. Left foot forward
 - v. Right foot step back (big steps moving back)
 - vi. Left foot back
 - vii. Right foot step back
 - viii. Left foot back
 - ix. Repeat Steps 1-8

Activity 2: Activity 2: –March– Shoulder step, nothing step, shoulder step, shoulder step. Bootie & Swim– Bootie bounce, bootie bounce, repeat. Swim together swim jump, repeat

🕒 10 minutes

- x. Right foot step forward, shrug right shoulder/head tilt right
- xi. Left foot step forward
- xii. Right foot forward
- xiii. Left foot forward
- xiv. Right foot step forward, shrug right shoulder/head tilt right
- xv. Left foot step forward
- xvi. Right foot forward, shrug right shoulder /head tilt right
- xvii. Left foot forward
- xviii. Repeat counts 1 -8 going back
- Turn $\frac{1}{4}$ turn to left, extend arms out to side
- xix. Right foot steps to side,
- xx. Move booty & bounce
- xxi. Left foot closes to right foot,
- xxii. Move booty & bounce

- xxiii. Right foot steps to side,
- xxiv. Move booty & bounce
- xxv. Left foot closes to right foot,
- xxvi. Move booty & bounce
- xxvii. Swim action with arms, right foot to side
- xxviii. Left foot closes to right,
- xxix. Swim action with arms, right foot to side
- xxx. Jump feet together & turn ¼ to right
- xxxi. Swim action with arms, left foot to side
- xxxii. Right foot closes to right,
- xxxiii. Swim action with arms, left foot to side
- xxxiv. Jump feet together,

Activity 3: Shuffle Ha Slide–Shuffle, lean back, hop hop, lean forward turn left, look forward stare stare. Down ha– make face

🕒 10 minutes

- (b) Shuffle back hop hop forward turn look stare, stares. Down ha x 4. Down clap slide slide slide stomp & shoulders look left. Down clap slide slide slide stomp & shoulders & prep. (Tommy Cooper hands)
 - i. Right foot springs out to side,
 - ii. Lean back,
 - iii. Double hop to right ending bent forward with arms hanging down loosely by sides
 - iv. Switch body to left
 - v. Look forward & stare, stare stare
 - vi. Bend down & up right arm extended taking right hand down & up. Left hand on belt
 - vii. Take left foot to side and pilie
 - viii. Close right to left and clap hands above head
 - ix. Slide left foot out to side & swing arms down in circle, shimmy, slowly closing right foot to right foot stomp,
 - x. Shrug both shoulders up,
 - xi. Look left
 - xii. Bend into both knees
 - xiii. Raise and clap hands above head
 - xiv. Slide right foot out to side & swing arms down in a circle shimmy, slowly closing left foot to left foot stomp,
 - xv. Shrug both shoulders up,
 - xvi. Look left

Activity 5: ONLY Wuz Up

🕒 5-minutes

- xvii. Forward right foot
- xviii. Forward left foot
- xix. Forward right, left, right (cha cha cha shaking shoulders and arms)
- xx. Repeat left foot, right foot, left right left
- xxi. Back right foot
- xxii. Back left foot
- xxiii. Back right left right, (cha cha cha shaking shoulders and arms)
- xxiv. Repeat right foot left foot right left right.

Activity 1: March forward & back

🕒 5 minutes

- (c) Zombie March forward & back.
 - i. Right foot step forward (Big steps forward)
 - ii. Left foot forward
 - iii. Right foot step forward
 - iv. Left foot forward
 - v. Right foot step back (Small steps to back)
 - vi. Left foot back
 - vii. Right foot step back
 - viii. Left foot back

Repeat Steps 1-8

Activity 8: Stomp Pivot turns (longer version)

🕒 5-minutes

- ix. Making half a turn to right stomp for 123456 to face back –look to front over left shoulder on 78
- x. Stomp forward left, right, 345678
- xi. Making half a turn to right stomp for 123456 to face front –look to back over left shoulder on 78
- xii. Stomp left, right, 345678 facing front (keep low & come up high for SCARE)
- xiii. SCARE & hold for laughter (BOW & stomp off to exit)

The End!

Notes & Extensions

- 1 Begin classes with a brief introduction about the song Thriller. This is a pop dance sung by Michael Jackson known as the King of Pop and is often danced on Halloween or at parties it is a fun dance to learn so students can be creative. 2007 marked the 25th anniversary of the release of the “*Thriller*” album. It is still an extremely popular video that brings people together from all over the world. You don’t have to be a dancer to join in the fun; you never know you could be a star at the next Halloween party.
- 2 This is an ideal dance to teach for Halloween and also a great way to warm up your class. Have your own Halloween party. Students can work in Art class to make masks, Music to put together lots of other songs, PE to work on the dance steps, Drama to create a short story, History to look into the origins of Thriller and of course Michael Jackson...
- 3 It is very important, through each stage, to play music. This way the students will learn to recognize various stages in the music where they dance particular moves.
- 4 Please check out the website **thrilltheworld.com** a tribute to the late Michael Jackson. The dance Thriller is going to take place in the USA on October 24th 2009. Check with your State at what time the performance will take place. In Seattle, for example it is 5:30pm. It will be performed by people all over the world at the same time and it is hoped that so many people will take part that it will go into the Guinness book of world records as the most people participating. This all started in 2006 by Ines Markeljevic, the Creator & Director of Thrill the World. Ines wants the world to connect and join in this wonderful celebration to get together communities and to experience the joy of dance.
- 5 The website has all the information you require to organize an event or join one in your area. The dance notes for Thriller can be downloaded and you can order the DVD on line. You also have to have the correct music version of Thriller this information is also available on the site.
- 6 This is such a wonderful idea for PE teachers all over America to teach this in schools if not this year then maybe next as it is will take place annually. Students of every age would be very excited to take part in such a major event and I am sure the dressing up would be a large part of the attraction also.
- 7 Please check out the site and let me know what you think. I grew up on his music so to me this is an awesome tribute!

Glossary

Step

A Step is transferring weight onto the other foot.

Step touch

A Step is transferring weight onto the other foot. A touch is contact made with the floor on the ball of the foot with no weight change behind the other foot.

Chasse

This is a syncopated set of three steps danced in any direction.
