

Zombie

- put heel of right hand on forehead, standing with wide legs, knees bent

1-2 – circle head forward
3-4 - hit head forward 2X
5-6 – push hands down towards floor (bend knees in deep squat)
7 – look up at audience (still in squat) hands on either side of face
8 – hold

1 - tip hands/head right
2 – bring back to centre
3 - tip hands/head left
4 – bring back to centre
5 – stand up a bit (uncurl upper body)
+ - rt. arm up/lt. arm down
6 – close arms in centre
+ - rt. arm out to rt. side/lt. arm out to lt. side
7 – close arms in centre
+ - rt. arm down/ lt. arm up
8 – close arms in centre

1-4 – heels of both hands to forehead, knees in squat, circle body backwards (go to rt. then back)
5-8 – lift lt. leg ‘over the horse’ (swing lt. arm up and over as well) to end up in crouch on floor facing side, hands out slightly in front

1 – step rt. foot back
2 – step lt. foot back (now in push-up position)
3 – put knees on floor
4 – push back onto knees (will lower head, looks like a cat stretch)
5 – sit up onto knees
+ - reach arms above head
6 – arms pull into body
+ - arms reach forward
7 – arms pull into body
+ - arms push down towards floor
8 – arms pull into body

1-4 – cover face with hands, twist upper body around to ‘look’ at audience
5-6 – put rt. foot on floor and grab it with both hands (very bent over)
7-8 – put lt. foot onto floor (now in squat, bent over holding rt. ankle)

1-3 - swing body up lt. side (arms kind of behind)
4 – hit ‘zombie’ shape facing front
5-8 – stiff legged walks towards audience (keeping arms in ‘zombie’ shape)

