Zombie Walk

Count: 32 **Wall:** 4 **Level:** Beginner
Choreographer: Rob Fowler (ES) - October 2026
Music: Zombie Walk - DJTEXX

Intro: 40 counts from the word "falls" as you hear the lyric "Midnight falls" (approx. 26s)
Music available on: danztunz.com and all major music platforms

S1: Walk Fwd R, L, R, L, Walk Back R, L, R, L
1,2,3,4 Walk forward R, L, R, L
5,6,7,8 Walk back R, L, R, L [12:00]
(Optional arms for counts 1-8: stretch both arms out in front with hands dropped down at the wrist)
RESTART: During WALL 6 please RESTART here facing 3:00

S2: Side R, Cross L, Side R, Touch L, Hip Sways
1,2 Step R to R side, cross step L over R
3,4 Step R to R side, touch L next to R
(Optional arms for counts 1-4: stretch R arm up and out towards R diagonal and bring L arm across body at chest height pointing in same direction as R arm)
5,6,7,8 Take a small step L to L side swaying hips L, sway hips R, sway hips L, sway hips R [12:00]
(Optional arms for counts 5-8: swing both arms up and across towards L diagonal (5), return both arms up and across towards R diagonal (6), swing both arms down and across towards lower L diagonal (7), place L hand on L knee and R hand on R knee (8))

S3: Side L, Shimmy Shoulders, Touch R (+ clap), Pigeon Head "Bob/Nod" (with heel taps)
1,2,3,4 Step L to L side, shimmy shoulders for 2 counts, touch R next to L (+ clap)
5& "Bob" or nod the head forward using neck on count 5, then back on the & count
6& "Bob" or nod the head forward using neck on count 6, then back on the & count
7& "Bob" or nod the head forward using neck on count 7, then back on the & count
8& "Bob" or nod the head forward using neck on count 8, then back on the & count [12:00]
(Option for counts 5,6,7,8: add R heel taps when "bobbing" head forward – keep weight on L)
(Optional arm/hand for counts 5-8&: With R hand palm open towards face, bend wrist away from face so palm faces upwards as you "bob" or nod your head forward on count 5. Repeat for counts 6,7,8)

S4: Paddle ¾ L, R Jazz Box
1 Keeping weight on L touch R toes to floor to push off into ¼ turn L [9:00]
2 Keeping weight on L touch R toes to floor to push off into ¼ turn L [6:00]
3 Keeping weight on L touch R toes to floor to push off into ¼ turn L [3:00]
4 Touch R to R side
5,6,7,8 Cross step R over L, step back on L, step R to R side, step L next to R

Start Over & Have Fun!

Check out the choreographer's own video for some of the fun moves!!

Last Update - 2 Oct. 2026 - R1