

Mash Good

Compte: 32

Mur: 1

Niveau: Absolute Beginner



Chorégraphe: Helaine Norman (USA) - October 2024

Musique: The Monster Mash - Andrew Gold, Linda Ronstadt & Stephen Bishop

INTRO: 32 (Start counting when instrumental begins; start on word "working.")

No tags or restarts (1 or 4 walls)

I. WALK FORWARD X2; WALK FORWARD X3, HOLD (SSQQS)

1-2 Walk R forward

3-4 Walk L forward

5-8 Walk R forward, walk L forward, walk R forward, hold

Optional for 1-4: Toe struts forward X2

II. WALK BACK X2, WALK BACK X3, HOLD (SSQQS)

1-2 Walk L back

3-4 Walk R back

5-8 Walk L back, walk R back, walk L back, hold

Optional for 1-4: Toe struts backs X2

III. SIDE, TOGETHER; SIDE, TOGETHER, SIDE, TOUCH (OR HOLD)

1-2 Step R side

3-4 Step L together

5-8 Step R side, step L together, step R side, hold

Optional styling with arms and hands: Raise arms with elbows bent and palms of hands facing forward with fingers bent in a scary pose while dancing these steps. Can also shake/shimmy shoulder on counts 1-4.

IV: SIDE, TOGETHER, SIDE, TOGETHER, SIDE, TOGETHER, SIDE, TOUCH (OR HOLD)

1-4 Step L side, step R together, step L side, step R together

5-8 Step L side, step R together, step L side, touch R together

Optional to make this dance a 4-wall dance: 7-8 – Step L forward making ¼ turn left (9:00), scuff R forward

REPEAT

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