

# 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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**Last Update: 23 Oct 2024**

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