He Did The Monster Mash



编舞者: Val Saari (CAN) - May 2018

音乐: Monster Mash - Bobby Boris Pickett: (iTunes)



TOE-STRUTS FORWARD X 2 (R L), SHUFFLE FORWARD X 2 (RLR, LRL)

1-2 Touch RF toes forward, Drop heel3-4 Touch LF toes forward, Drop heel

5&6 Shuffle forward RLR7&8 Shuffle forward LRL

MAMBO RIGHT, MAMBO LEFT

1-4 RF Rock side right, LF recover, RF close together beside L, Hold 5-8 LF Rock side left, RF recover, LF close together beside R, Hold

TOE-STRUTS BACK X 2 (R L), SHUFFLE BACK X 2 (RLR, LRL)

1-2 Touch RF toes back, Drop heel3-4 Touch LF toes back, Drop heel

5&6 Shuffle back RLR7&8 Shuffle back LRL

MAMBO RIGHT, MAMBO LEFT

1-4 RF Rock side right, LF recover, RF close together beside L, Hold 5-8 LF Rock side left, RF recover, LF close together beside R, Hold

TRAVELLING SWIVELS WITH FINGER SNAPS RIGHT, LEFT

Swivel both heels to right, both toes to right, both heels to right, Snap R fingers
Swivel both heels to left, both toes to left, both heels to left, Snap L fingers

RF TOE-STRUT MODIFIED JAZZ BOX PIVOT 1/4 R, RF MAMBO BACK

1-2 Cross RF over L pivot 1/4 R, Touch RF toe - drop R heel

3-4 Step LF left on toes, LF heel down

5-6 Rock RF back, Recover LF7-8 Step RF together, hold

TRAVELLING SWIVELS WITH FINGER SNAPS RIGHT, LEFT

Swivel both heels to right, both toes to right, both heels to right, Snap R fingers
 Swivel both heels to left, both toes to left, both heels to left, Snap L fingers

STEP-PIVOT 1/4 LEFT TWICE

1-2 Step RF forward

3-4 Pivot 1/4 turn left (weight on left)

5-6 Step RF forward

7-8 Pivot 1/4 turn left (weight on left)

Suggestion: hands may be held out straight in front as though in a zombie trance

REPEAT - No tags, no restarts

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