

Monster Bash

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 2 级数: Improver
编舞者: Annette Wright (UK)
音乐: Monster Mash - Bobby Boris Pickett



Sequence: AB, AB, AAB, AB, AB, A

PART A

WALKS FORWARD, LEG SWING WITH HANDS

1-2-3-4 Right foot step forward, pause, left foot step forward, pause

5-6 Right foot step forward, pause

7-8 Left leg swing forward stiffly

9-10-11-12 Left foot step forward, pause, right foot step forward, pause

13-14 Left foot step forward, pause

15-16 Right leg swing forward stiffly

HANDS FOR COUNTS 1-8

Right hand is lifted up with elbow and wrist bent, with stiff fingers, arm out sideways, or anything "monsterish".
Left hand holds top and back of left leg to help it swing. Counts 9 -16 are the opposite hands doing the above

RIGHT FOOT STEPS TO RIGHT FOUR TIMES

17 Right foot step with flat foot to right, without weight and knee bending

18-19-20 Repeat 17 three times, third time ending with weight on right foot on count 20

21-22-23-24 Drag left foot towards right foot to step on count 24.(hold left thigh with both hands)

BACKWARDS PIVOT ¼ RIGHT TWICE

25-26 Right foot step backwards, pause

27-28 Pivot a ¼ turn to right weight going onto left foot, pause

29-30-31-32 Repeat 25-26-27-28

PART B

HAND HIGH, HAND LOW, HITCH, STEP FORWARD

1-2 Right hand lift high to the sky, right hand goes down, holding right leg

3-4 Right leg hitch, (as if right hand is lifting it up) right foot step forward.(hand let's go)

LEFT FOOT STEP, BOUNCE HEELS, HEEL SPLITS

5-6 Left foot step beside right foot, bounce both heels on floor

7-8 Heels move apart, heels come together

Bend elbows, hands towards waist, lift elbows on 7, elbows down on 8

9-32 Repeat Part B counts 1-8 three more times