

Monster Mashing With Kids

拍數: 56 牆數: 0 級數:
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音樂: Monster Mash - Bobby Boris Pickett



RIGHT HEEL, TOGETHER, LEFT HEEL, TOGETHER

- 1-2 With weight on left foot, tap right heel front, Step right foot beside left foot
3-4 Weight changed to right foot, tap left heel front, Step left foot beside right foot

RIGHT FOOT STEP, TOGETHER, CLAP

- 5 Step right foot out to the right side
6 Bring left foot beside right and clap -weight changes to left

LEFT FOOT FOOT STEP, TOGETHER, CLAP

- 7 Step left foot out to the left side
8 Bring right foot beside left and clap --weight changes to right

DRACULA LUNGE RIGHT, TOGETHER, PAUSE

- 9-10 Step right foot to the right in a lunge motion and bring right arm up the right side in a swooping motion up and across the face (like Dracula bringing his cape up to his face.)
11-12 Step right foot back beside left, Pause for 1 count!

DRACULA LUNGE LEFT, TOGETHER, PAUSE

- 13-14 Step left foot to the left in a lunge motion and bring left arm up the left side in a swooping motion up and across the face (like Dracula bringing his cape up to his face.)
15-16 Step left foot back beside right, Pause for 1 count!

PIVOT ½ TURN, STOMP, STOMP

- 17 Step right foot forward
18 Pivot ½ turn to the left (facing opposite wall you began with)
19-20 Stomp right foot, Stomp left foot

WOLFMAN LUNGE RIGHT, TOGETHER, PAUSE

- 21-22 Step right foot to the right in a lunge motion and bring both hands up like claws and make swift small motion forward and downward while growling grrrrrr!
23-24 Step right foot back beside left, Pause for 1 count!

WOLFMAN LUNGE LEFT, TOGETHER, PAUSE

- 25-26 Step left foot to the left in a lunge motion and bring both hands up like claws and make swift small motion forward and downward while growling grrrrrrr!
27-28 Step left foot back beside right, Pause for 1 count!

2 PIVOT ½ TURNS

- 29-30 Step right foot forward, Pivot ½ turn to left
31-32 Step right foot forward, Pivot ½ turn to left (you'll be at the same wall you were doing the Wolfman lunges at!)

MONSTER WALK RIGHT, LEFT TWICE

- 33-34 Shifting body right, step to the right at 45 degree angle with the right foot, bringing both arms upward and downward stiffly with hands curled down (like Frankenstein!)
35-36 Shifting body left, step to the left at 45 degree angle with the left foot, bringing both arms upward and downward stiffly with hands curled down (like Frankenstein!)

37-40 Repeat counts 33-36

SINGLE MONSTER ARMS

41-44 With weight distributed evenly on both feet and remaining in place, do the Frankenstein motion alternating the right arm and the left arm

FRANKENSTEIN AGAIN

45-56 Repeat Counts 33-44

REPEAT

Using the song "The Monster Mash" you will find that you are dancing the Monster Walks/Arms to the chorus of the song. However, after dancing the complete dance 3 times, repeat the Monster Walks/Arms (Steps 33-44), and then start again. (There is an extra verse after the third verse in the song but goes with the Monster Walks/Arms--then the Monster Mash chorus begins and (to go with the song) repeat the Monster Walks/Arms and then begin again. The rest of the song works great and the Kids (of all ages) love it!!
