

Monster Mashup

COPPER KNOB
STEPPERS

拍数: 64 墙数: 2 级数: Phrased Beginner
编舞者: Joan Caviness (USA) - October 2015
音乐: Monster Mash - Bobby Boris Pickett



Seq: AB AB AAB AB ABB (part A on verses; part B on choruses)

PART A (each time there is a verse)

A1: ZOMBIE STOMP / STAMP

- 1-2 Stomp forward on right foot (swing right side forward as well) and hold
- 3-4 Stomp forward on left foot (swing left side forward as well) and hold
- 5-8 Stamp (no weight change) right foot two times, making ¼ turn to left

A2: ZOMBIE STOMP / STAMP

- 1-8 Repeat first eight counts

A3: DRACULA SLIDE TO RIGHT AND ROCKING CHAIR

- 1-4 Slide to right with right arm over face like Dracula's cape
- 5-6 Rock forward on left foot, replace weight to right foot
- 7-8 Rock backward on left foot, replace weight to right foot

A4: DRACULA SLIDE TO LEFT AND ROCKING CHAIR

- 1-4 Slide to left with left arm over face like Dracula's cape
- 5-6 Rock forward on right foot, replace weight to left foot
- 7-8 Rock backward on right foot, replace weight to left foot

PART B (each time there is a chorus of "Monster Mash")

B1: THE TWIST

- 1-4 Weight the right foot and twist side to side repeatedly
- 5-7 Weight the left foot and twist side to side repeatedly
- 8 Lift right foot and turn to the left ¼ turn on the left foot

B2-B4: REPEAT TWIST AROUND THE WORLD

- 1-8 Repeat "The Twist" to a second wall
- 1-8 Repeat "The Twist" to a third wall
- 1-8 Repeat "The Twist" to a fourth wall

Joan Caviness - Dance 'til you Drop
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