

Monster Mash

拍数: 64 墙数: 1 级数: Improver
编舞者: Kathy Sharpe-Arrant (USA)
音乐: Monster Mash - Bobby Boris Pickett



OUT, ROCK, BACK, HOLD, SLOW COASTER STEP, HOLD

- 1-4 Step right out to right side, rock weight onto left, step back on right foot, hold
5-8 Step left foot back, step right foot together with right, step left foot forward, hold

FORWARD, ROCK, ½ TURN RIGHT, HOLD, ¼ TURN PIVOT RIGHT, CROSS, HOLD

- 9-12 Step right forward, rock back onto left, turn ½ turn to right and step on right foot, hold
13-16 Step left forward, ¼ turn right (weight on right), cross left over in front of right, hold

OUT, ROCK, BACK, HOLD, SLOW COASTER STEP, HOLD

- 17-20 Step right out to right side, rock weight onto left, step back on right foot, hold
21-24 Step left foot back, step right foot together with right, step left foot forward, hold

FORWARD, ROCK, ½ TURN RIGHT, HOLD, ¼ TURN PIVOT RIGHT, CROSS, HOLD

- 25-28 Step right forward, rock back onto left, turn ½ turn to right and step on right foot, hold
29-32 Step left forward, ¼ turn right (weight on right), cross left over in front of right, hold

BOOGIE WALKS FORWARD (RIGHT, HOLD, LEFT, HOLD, RIGHT, LEFT, RIGHT, HOLD)

- 33-36 Step right forward (pointing right toe to left), hold, step left forward (pointing left toe toward right), hold
37-40 Step right forward (pointing right toe to left), step left forward (pointing left toe to right), step right forward (pointing right toe toward left), hold

LEFT SIDE, ROCK, TOGETHER, HOLD, RIGHT SIDE, ROCK, TOGETHER, HOLD

- 41-44 Step left foot to left side, rock weight onto right, step left together with right, hold
45-48 Step right foot to right side, rock weight onto left, step right together with left, hold

FORWARD, ROCK, ½ TURN LEFT, HOLD, STEP, LOCK, STEP, HOLD

- 49-52 Step left forward, rock weight back onto right, turn ½ turn left and step on left, hold
53-56 Step right forward, lock left foot behind right, step forward on right, hold

STOMP DIAGONAL LEFT, POSE FOR THREE COUNTS, KNEE ROLLS RIGHT, LEFT OR BODY ROLL

- 57-60 Stomp left foot diagonally forward to left, pose (hold) for three counts (bring hands and arms out to sides)
61-64 Roll right knee to right for two counts, roll left knee to left for two counts or body roll--weight should end on right foot

REPEAT

This dance has been phrased to the music so as you "boogie walk" forward, you are doing the "Monster Mash". After two revolutions of the dance, cut to the second 32-count pattern that begins with the boogie walks. Once you've finished with count 64, begin dance again on the new wall and dance the dance without change to the end.