Monster Mash For Beginners



拍数: 32 墙数: 1 级数: Ultra Beginner

编舞者: Russell Breslauer (USA) - October 2010 音乐: Monster Mash - Bobby Boris Pickett



Adapted for 1 wall with no jumps from Monster Mash Mix by Michael Bromley

FRANKENSTEIN STRUTS FORWARD

1-2	Do a right toe strut forward, raising arm up then down
3-4	Do a left toe strut forward, raising arm up then down
5-6	Do a right toe strut forward, raising arm up then down
7-8	Do a left toe strut forward, raising arm up then down

DRACULA SLIDES RIGHT AND LEFT

1-4	Step Right to right and slide left to the right and touch, left arm as if holding a cape
5-8	Step Left to left and slide right to the left and touch, right arm as if holding a cape

MUMMY WALK IN CIRCLE

1-8 Step $\frac{1}{4}$ turn right with Right slide left to right repeat 3 times to face front again .

Put your arms out at the chest height like a walking mummy

MASHING PUMPKINS (MONSTERS) BACKWARD

1 - 8 Lift the right foot and stamp (mash) backwards repeat 3 times alternating feet

REPEAT

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