

Monster Stomp

COPPERKNOB
STEPPERS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Mattie Center (USA)
音樂: Monster Mash - Bobby Boris Pickett



MONSTER STOMP

1 Turning body to the left at an angle facing the left front corner, lean forward and slightly bend with the right shoulder lower than the left, take large step diagonally forward on right (stomp right foot when stepping forward)

Let arms hang loosely or one arm bent and the other down what ever would look like Frankenstein trying to walk or any type of Franky attitude

2 Slowly drag left foot next to right and take weight to left foot

3-8 Repeat steps above

STOMP, HOLD, STOMP

1-2 Stomp right foot forward, hold for one count

3-4 Stomp left foot forward, hold for one count

5-8 Repeat 1-4

SHIMMIES

1-2 Shimmy twice while leaning right and stepping right on the right foot, leave left foot in place

3-4 Bring weight back onto left foot, step right beside left

5-6 Shimmy twice while leaning left and stepping onto left foot, leave right foot in place

7-8 Bring weight back onto right foot, step left beside right

MODIFIED MONTEREY TURNS

1-2 Touch right toe to right and hold for 1 count

3-4 Pivot ½ turn to the right on ball of left foot, bring weight to right foot

5-6 Touch left toe to left, hold for 1 count

7-8 Step left foot beside left and hold for one count

REPEAT
