

Munster Mash

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數: Beginner
編舞者: Bev Braun-Bohol (USA)
音樂: Monster Mash - Bobby Boris Pickett



This dance should be done with stiff motions, like the Frankenstein type monsters of the Black & White movies on late-late night TV

FRANKENSTOMPS

- 1-2 Stomp right forward (raising right arm forward & up shoulder level), hold
- 3-4 Stomp left forward (raising left arm forward & up shoulder level), hold
- 5-8 Repeat

WALK BACK X4, MUNSTER ROCKS

- 1-4 Walk back, right, left, right, left (raising your arms right-left-right-left as you go back)
- 5-6 With stiff rocking motion, rock/step right to right side, then rock/step left to left side (out-out)
- 7-8 With stiff rocking motion, rock/step right to center, then rock/step left next to right (in-in)

RIGHT TRANSYL-VINE

- 1-4 Step right to right side, step left behind right, step right to right side, touch left next to right
- 5-8 Touch left heel forward, touch left toe back, touch left toe forward, touch left toe next to right (with stiff rocking motion)

LEFT TRANSYL-VINE

- 1-4 Step left to left side, step right behind left, step left to left side, touch right next to left
- 5-8 Touch right heel forward, touch right toe back, touch right heel forward, touch right toe next to left (with stiff, rocking motion)

HAND HITCHES

- 1-2 Lift right hand up (shoulder level) then down
- 3-4 Raise right knee up (right hand should be =helping= to lift knee)
- 5-6 Lift left hand up (shoulder level) then down
- 7-8 Raise left knee up (right hand should be =helping= to lift knee)

HORROR HITCHES

- 1-2 Step right to right side, turning ¼ left, hitch left knee (while leaning back)
- 3-4 Step left forward, turning 2 right, hitch right knee (while leaning back)
- 5-6 Step right forward, turning 2 left, hitch left knee (while leaning back)
- 7-8 Step left forward, turning 2 right, hitch right knee (while leaning back) (now facing 3:00 wall)

On steps 1-6 above, instead of making definite turns, use more of an angle or diagonal. As you hitch your knee, swing both hands to the same side, like a pendulum

MUMMY WALKS

- 1-2 Step right forward, slide/drag left next to right
- 3-4 Step right forward, slide/drag left next to right (or scuff)
- 5-6 Step left forward, slide/drag right next to left
- 7-8 Step left forward, slide/drag right next to left (or scuff)

BOOGIE TURNS WITH MUNSTER ROCKS

- 1-2 Step right forward, pivot 2 left
- 3-4 Step right forward, pivot 2 left
- 5-6 With stiff rocking motion, rock/step right to right side, then left to left side(out-out)

7-8

With stiff rocking motion, rock/step right to center, then left next to right (in-in)

REPEAT
