

ter Mash Dance

To help students get moving at the beginning of class .

Prerequisites: Understanding of self-space

Suggested Grade Level: K-5

Recommended music: Monster Mash **by Sha Na Na**

Beginning dance formation: Scattered formation in Personal Space

Description of Idea

This lesson idea includes four exercises, two of which are illustrated below (everyone is familiar with the other two - shoulder rolls and arm circles). The cues below help to see where the exercises fit in well with the music. (I used this during the month of October!).

MONSTER MASH

Shoulder rolls *Start of song*

Jump Twist "*He did the mash"*

Arm Circles "*The Zombees"*

Alternate L's "*The Sea was rocking"*

Jump Twist "*They played the mash"*

Arm Circles "*Out from his coffin"*

Jump Twist "*It's now the mash"*

Alternate L's "*Now everything's cool"*
