Monster 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*"