53**●**11 silver badge**●**88 bronze badges

[**editedJul 19 '20 at 16:46**](https://stackoverflow.com/posts/62982310/revisions)

[](https://stackoverflow.com/users/2743815/mahdi-abdi)

function spinalCase(str) {

var newStr = '';

var arr = str.split('');

for (var i = 0; i < arr.length; i += 1) {

if (i > 0) {

if (arr[i] >= 'A' && arr[i] <= 'Z') {

if (arr[i - 1] >= 'a' && arr[i - 1] <= 'z') {

newStr += '-';

newStr += arr[i].toLowerCase();

continue;

}

}

else if (arr[i] === ' ' || arr[i] === '\_') {

newStr += '-';

continue;

}

}

newStr += arr[i].toLowerCase();

}

return newStr;

}

spinalCase("AllThe-small Things");