

Mantra Jiwa

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Chandrani Eilena Emmiyan (INA) - September 2024

Musik: Mantra Jiwa - AVIWKILA



Intro: 18 Counts

Tag : 4 Counts

At the of : wall 2 (facing 6.00), wall 5 (facing 9.00), wall 6 (facing 12.00)

Restart : On wall 4 after 30 counts (facing 12.00)

Bridge : 2 Counts

On Wall 6, after repeating the session 4, hold the position for 2 counts

Ending : At the end of wall 6 (facing 6.00) repeat session 4 + Bridge + repeat session 4 + Tag, then do the last wall (Wall 7, facing 12.00) and follow the beat of the music, which is slowing down.

Session 1 - MODIFIED FORWARD RUMBA BOX

1-4 Step R to right side, Step L next to R, Step R forward, Hold

5-8 Step L to left side, Step R next to L, Step L forward, Hold

Session 2 - ROCKING CHAIR, ¼ PADDLE (x2)

1-4 Step R forward, Recover onto L, Step R backward, Recover onto L

4&5 Step R forward, Turn ¼ to left & step L in place (9.00), Step R forward, Turn ¼ to left & step RL in place (6.00)

Session 3 - FORWARD WALK (x3), KICK, BACK WALK (x3), TOUCH

1-4 Walk forward on R L R, Kick on L

5-8 Walk backward on L R L, Touch R beside L

Session 4 - CROSS POINT (x 2), JAZZ BOX ¼ TURN

1-4 Cross R over L, Point L to left side, Cross L over R, Point R to right side

5-8 Cross R over L, Turn ¼ to right & step L backward (9.00), Step R to right side, Step L forward

TAG: 4 counts

At the of : wall 2 (facing 6.00), wall 5 (facing 9.00), wall 6 (after repeating session 4 twice + a bridge, facing 12.00)

1-2 Step R to right side & sway, Hold

3-4 Step L to left side & sway, Hold

RESTART : On wall 4 after 30 counts (facing 12.00)

ENDING : At the end of wall 6 (facing 6.00) repeat session 4 + Bridge + repeat session 4 + Tag, then do the last wall (Wall 7, facing 12.00) and follow the beat of the music, which is slowing down.

Happy dancing

Dancing from the heart

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