# **Fantasmas**



Count: 32 Wand: 4 Ebene: Improver

Choreograf/in: Sebastiaan Holtland (NL) - December 2009

Musik: Fantasmas - Nelly Furtado : (CD: Mi Plan 09)



#### Start dancing on vocals (7sec)

(1-8) Running Fwd R-L-R, Lift 1/4 Turn R, Cross & Cross, Hold, 1/4 turn R, Rocking Chair, Side Mambo,	
Cross	
1&2&	Stepping forward on Rf. stepping forward on Lf. Stepping forward on Rf. Make a 1/4 turn i

right

on Rf (3) and lift L knee up

Cross Lf over Rf, step Rf slightly to the Right side, and cross Lf over Rf weight onto Lf, HOLD 3&4& 5&6 Make a 1/4 turn R and rock forward on Rf, recover on Lf, and step back on Rf weight onto Rf

Rock Lf to the left side, recover on Rf, and cross Lf over Rf weight onto Lf (6:00) 7&8

#### (9-16) Heel Grind 1/4 Turn R, Back, Lift, Cross & Cross, Cross Mambo Fwd, 1/4 Turn R, Side, Lock Shuffle Fwd

1-2& Heel grind with Rf (toes from left to right) 1/4 turn right (9), Step Lf back, and step Rf back and lift L knee up weight onto Rf

3&4& Cross Lf over Rf, step Rf slightly to the Right side, and cross Lf over Rf weight onto Lf, HOLD 5&6 Cross mambo forward on Rf, recover on Lf, make a 1/4 turn R and step Rf to the right side

weight onto Rf

7&8 Step forward on Lf, lock Rf behind Lf, and step forward on Lf weight onto Lf (12:00)

### (17-24) Fwd Rock / Recover, Back, Back, 1/4 Turn, Side, Hitch, Cross Samba (Left & Right)

Rock forward on Rf, recover on Lf, and step back on Rf weight onto Rf (12:00) 1&2

3&4 Step back on Lf, make a 1/4 turn R (3) and step Rf to the right side, and hitch L knee Up

holding weight onto Rf

5&6 Cross step Lf over Rf, step Rf to the R side and slightly backwards, step Lf to the left side

and slightly backwards

7&8 Cross step Rf over Lf, Step Lf to the Left side and slightly backwards. Step Rf to the Right

side and slightly backwards weight onto Rf (3:00)

#### RESTART POINT BEGINNING WALL 3 (facing 6 o'clock) Restart AFTER count 24, Then take weight back on Lf (& count).

Then Restart the dance again from the Beginning ( 9 o'clock)

## (25-32) Cross, 1/4 Turn L Back, Back, Back Rock / Recover, Fwd. Lock Shuffle Fwd.

Fwd Rock / Recover &, 1/4 Turn R, Side Rock / Recover &

1&2 Cross Lf over Rf, make a 1/4 turn left (12) and stepping back on Rf, stepping back on Lf

weight onto Lf

3&4 Rock back on Rf, recover on Lf, and step forward on Rf weight onto Rf 5&6 Step forward on Lf, lock Rf behind Lf, and step forward on Lf weight onto Lf

Rock forward on Rf. Recover on Lf, make a 1/4 turn right and Rock Rf to the right side, 7&8&

Recover on Lf weight onto Lf (3:00)

### Start Again And Have Fun!

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