Mantra EZ (만트라)

Level: Beginner

Count: 32 Choreographer: Misuk Song (KOR) - October 2024 Music: Mantra - JENNIE

Start after 4c

Section 1 : Walk- Walk, Jazz Box, Walk - Walk

- step RF fwd, step LF fwd 12
- 34 cross RF over LF, step LF back
- 56 step RF to R side, cross LF over RF
- 78 step RF fwd, step LF fwd

Section 2 : 1/4 L. Hip Bump R 4X, Hip Bump L 4X

- 1234 1/4 turn to L stepping RF to R side and hip bump R 4times
- 5678 hip bump L 4times

Section 3 : Sailor Step, 1/4 L. Sailor Step, Voltas to L 4X

- 1&2 cross RF behind LF, step LF to side, step RF to side
- 3&4 cross LF behind RF, 1/4 turn to L stepping RF next to LF, step LF fwd
- 5&6& cross RF over LF, ball step LF to L, cross RF over LF, ball step LF to L
- 7&8 cross RF over LF, ball step LF to L, cross RF over LF

Section 4 : Side Rock, Behind Side Cross, Out-Out, Hip Roll

- 12 rock LF to L side, recover on RF
- step LF behind RF, step RF to R side, cross LF over RF 3&4
- 56 step out on RF, step out on LF
- 78 hip roll to clockwise

Have fun & enjoy dancing~~!





Wall: 2