

Mantra

Compte: 64

Mur: 4

Niveau: Improver

Chorégraphe: Sally Hung (TW) - December 2017

Musique: Mantra by Vitas



Sequence Of Dance: No Tag, No Restart

Intro: 32 Counts From Heavy Beats (On Lyrics)

S1. VINE R WITH TOUCH, SIDE MAMBO, SIDE MAMBO

1,2,3,4 Step R to the R, cross step L behind R, step R to the R, touch L beside R
5&6,7&8 Step L to the L, recover onto R, step L together, step R to the R, recover onto L, step R together

S2. SIDE POINT, TOGETHER POINT, BIG STEP, DRAG, KICK BALL CHANGE, STEP, PIVOT ½ L

1,2,3,4 Touch L to the L, touch L together, big step to the L, drag R towards L
5&6,7,8 Kick R fwd, step down on ball of R, step weight on L. step R fwd, pivot ½ turn L

S3. R MAMBO FWD, L MAMBO BACK, FULL PADDLE TURN

1&2,3&4 Rock fwd on R, recover onto L, step back on R, rock back on L, recover onto R, step fwd on L
5,6,7,8 Touch R fwd and paddle ¼ turn L, touch R fwd and paddle ¼ turn L, touch R fwd and paddle ¼ turn L, touch R fwd and paddle ¼ turn L

S4. JAZZ BOX, FWD, KICK, BACK, TOUCH

1,2,3,4 Cross R over L, step back on L, step R to the R, step L fwd
5,6,7,8 Step R fwd, kick L fwd, step back on L, touch R together

S5. SIDE, TOGETHER, SIDE SHUFFLE, CROSS, BACK, SIDE SHUFFLE

1,2,3&4 Step R to R side, step L together, step R to R side, step L together, step R to R side
5,6,7&8 Cross L over R, step back on R, step L to L side, step R together, step L to L side

S6. CROSS, BACK, SIDE SHUFFLE, SIDE, TOGETHER, CHA CHA ¼ TURN L

1,2,3&4 Cross R over L, step back on L, step R to R side, step L together, step R to R side
5,6,7&8 Step L to L side, step R together, cha cha ¼ turn L on LRL

S7. FWD ROCK, RECOVER, COASTER STEP, STEP, PIVOT ½ TURN R, FWD SHUFFLE

1,2,3&4 Rock fwd on R, recover onto L, step back on R, step L together, step R fwd
5,6,7&8 Step L fwd, pivot ½ turn R, fwd shuffle on LRL

S8. KICK BALL CHANGE (X2), STEP PIVOT ½ L (X2)

1&2,3&4 Kick R fwd, step down on ball of R, step L in place, kick R fwd, step down on ball of R, step L in place
5,6,7,8 Step R fwd, pivot ½ turn L, step R fwd, pivot ½ turn L

Happy dancing!

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