

# Pantamera

拍数: 32      墙数: 2      级数: Absolute Beginner  
编舞者: Urban Danielsson (SWE) - January 2015  
音乐: Pantamera - Cast Of The Swedish Idol 2014 : (CD: Lisa Ajax - Unbelievable)



#32 counts intro, starts on vocal (iTunes)

**Section 1: □ Side, together, triple forward, side, together, triple back**

1-2            Step right foot to right side, step left foot next to right  
3&4           Step right foot forward, step left next to right, step right foot forward  
5-6           Step left foot to left side, step right foot next to left  
7&8           Step left foot back, step right foot next to left, step left foot back

**Section 2: □ Rock-recover, triple forward, rock-recover, ¼ turn chassé left**

9-10           Rock back onto right foot, recover weight onto left foot  
11&12        Step right foot forward, step left foot next to right, step right foot forward  
13-14        Rock left foot forward, recover weight onto right foot  
15&16        Turn ¼ left step left to left side, step right foot next to left, step left foot to left side (9:00)

**Section 3: □ Cross, back, chassé right, cross, back, chassé ¼ turn left**

17-18        Cross step right foot in front of left foot, step left foot back  
19&20        Step right foot to right side, step left next to right, step right foot to right side  
21-22        Cross step left foot in front of right foot, step right foot back  
23&24        Step left foot to left side, step right foot next to left, ¼ turn left step left foot forward (6:00)

**Section 4: □ (Rock-recover, coaster step) x 2**

25-26        Rock right foot forward, recover weight onto left foot  
27&28        Step right foot back, step left foot next to right, step right foot forward  
29-30        Rock left foot forward, recover weight onto right foot  
31&32        Step left foot back, step right foot next to left, step left foot forward

**RESTART and ENJOY!**

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