

La Mantra

拍数: 32 墙数: 4 级数: Improver
编舞者: Lengri Yulita (INA) - October 2021
音乐: MANTRA - Sebastián Yatra



Start dance after intro (16c)

S1 = SYNCOPATED TOUCH TOGETHER, CROSS , ¼ TURN R BACK , ¼ TURN R SIDE , CROSS SHUFFLE

1-2 Touch RF forward - close RF beside LF
3-4 Touch LF forward - close LF beside RF
5&6 Cross RF over left - ¼ turn right stepping LF back - ¼ turn right stepping RF to side
7&8 Cross LF over right - step LF to side right - cross LF over right

S2 = SIDE ROCK, RECOVER , WEAWE , BOUNCE, BACKWARD TOGETHER

1-2 Step RF to side - recover weight onto left
3&4 Cross RF behind left - side LF - cross RF over left
5-6-7 Make ¼ turn left as you bounce both heels - make 1/8 turn left as you bounce both heels -
 make 1/8 turn left as you bounce both heels weight on right
8& Step LF backward - close RF beside LF

S3 = BOTAFOGO, CROSS , HOLD, CROSS SHUFFLE

1&2 Cross LF over side right - step RF beside right - LF step in place
3&4 Cross RF over left side - step LF beside right - RF step in place
5-6 Cross LF over right - hold
&7&8 Step RF to side - cross LF over right- step RF to side right - cross LF over right

S4 = MONTEREY ½ TURN, MAMBO BACK, ¼ TURN L CROSS SHUFFLE

1-2 Touch RF to side right - ½ turn right - stepping RF together
3-4 Touch LF to side left - close LF together
5&6 Step RF backward - LF step in place - close RF beside LF
7&8 ¼ turn left cross LF over RF - step RF to side right - cross LF over RF

Well here's a welcoming note, No Tag and No ReStart in this dance, & you are very welcome.