

Mantra EZ (만트라)

COPPERKNOB
BYEPOSTETS

拍数: 32 墙数: 2 级数: Beginner
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音乐: Mantra - JENNIE



Start after 4c

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

1 2 step RF fwd, step LF fwd
3 4 cross RF over LF, step LF back
5 6 step RF to R side, cross LF over RF
7 8 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

1 2 rock LF to L side, recover on RF
3&4 step LF behind RF, step RF to R side, cross LF over RF
5 6 step out on RF, step out on LF
7 8 hip roll to clockwise

Have fun & enjoy dancing~~!
