

# Mantra

拍数: 32      墙数: 4      级数: Improver  
编舞者: Seonyoung Kang (KOR) - November 2024  
音乐: Mantra - JENNIE



Intro: 4 counts

**SEC 1 : R Walk, L Walk, R Side Rock Cross, L Side Rock Cross, 1/4 L Back, L Side**

1-2            Walk fwd R, Walk fwd L  
3&4            Rock R to R side, recover weight to L, Cross R over L  
5&6            Rock L to L side, recover weight to R, Cross L over R  
7-8            Turn 1/4 L step back R, L to L side (9:00)

**SEC 2 : R Cross Shuffle, L Side Rock, L 1/4 Sailor steps, R Step, Heel Twist**

1&2            Cross R over L, step L to L side, cross R over L  
3-4            Rock L to L side, recover weight to R  
5&6            Cross L behind R, 1/4 Turn left R next L, Step L fwd (6:00)  
7&8            Step right fwd, twist both heels to right, twist both feet to centre

**SEC 3 : R Back, Point L Back, 1/2 L fwd L, R Walk, L Walk, 1/4 L Hip Roll, 1/4 L Hip Roll**

1-3            Step R back, Point L back, turn 1/2 L stepping down on L (12:00)  
4&            Walk fwd R, Walk fwd L  
5-6            Step R fwd, pivot 1/4 L transferring weight on to L roll hips anticlockwise from R to L (9:00)  
7-8            Step R fwd, pivot 1/4 L transferring weight on to L roll hips anticlockwise from R to L (6:00)

**SEC 4 : R Cross Samba, L Cross Samba, R Walk, L Walk, 1/4 L Pivot**

1&2            Cross R over L, Rock L to L side, Recover on R  
3&4            Cross L over R, Rock R to R side, Recover on L  
5-6            Walk fwd R, Walk fwd L  
7-8            Step R fwd, pivot 1/4 L transferring weight on to L

**NO TAG, NO RESTART**

<https://www.youtube.com/watch?v=cWJNBB88ik8>

Last Update: 9 Nov 2024