

# La Mantra

拍數: 32      牆數: 4      級數: Improver  
編舞者: Lengri Yulita (INA) - October 2021  
音樂: 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 , WEAVE , 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.