

Mantra

拍數: 64 牆數: 4 級數: Improver
編舞者: Vee Trias (INA) - October 2024
音樂: Mantra - JENNIE



PART A (32 COUNT)

A1. SYNCOPATED WEAVE, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

1&2& Cross R over L - Step L to side - Cross R behind L - Step L to side
3&4 Cross R over L - Step L to side - Cross R over L
5-6 Rock L to side - Recover on R
7&8 Cross L over R - Step R to side - Cross L over R

A2. SWAY, SIDE CHASSE (R-L)

1-2 Step R to side while swaying to R - Sway to L
3&4 Step R to side - Step L together - Step R to side
5-6 Step L to side while swaying to L - Sway to R
7&8 Step L to side - Step R together - Step L to side

A3. CROSS, TOUCH/POINT, JAZZBOX TURN ¼ RIGHT

1-4 Cross R over L - Touch L to side - Cross L over R - Touch R to side
5-8 Cross R over L - Turn ¼ right step L back - Step R to side - Step L forward

A4. FORWARD, TURN ½ WITH FLICK, WALK FORWARD, SIDE MAMBO (R-L)

1-2 Step R Forward - Turn ½ left flick R back
3-4 Step R forward - Step L forward
5&6 Rock R to side - Recover on L - Step R together
7&8 Rock L to side - Recover on R - Step L together

PART B (32 COUNT)

B1. MODIFIED RUMBA BOX

1-2 Step R to side - Step L together
3&4 Step R forward - Lock L behind R - Step R forward
5-6 Step to side - Step R together
7&8 Step R back - Lock L over R - Step R back

B2. BACK ROCK, FORWARD LOCK SHUFFLE, FORWARD ROCK, BACK LOCK SHUFFLE

1-2 Rock L back - Recover on R
3&4 Step L forward - Lock R behind L - Step L forward
5-6 Rock R forward - Recover on L
7&8 Step R back - Lock L over R - Step R back

B3. SIDE ROCK, BEHIND, SIDE, CROSS

1-2 Rock R to side - Recover on L
3&4 Cross R behind L - Step L to side - Cross R over L
5-6 Rock L to side - Recover on R
7&8 Cross L behind R - Step R to side - Cross L over R

B4. V STEP, TOE STRUTS TURN

1-4 Step R diagonal forward - Step L diagonal forward - Step R back to center - Step L together
5-8 Touch R forward - Drop R heel in place - Turn ½ left touch L in place - Drop L heel in place