Fantasmas



Count: 32 Wall: 4 Level: Improver

Choreographer: Sebastiaan Holtland (NL) - December 2009

Music: Fantasmas - Nelly Furtado : (CD: Mi Plan 09)



Start dancing on vocals (7sec)

(1-8) Running Fwd R-L-R, Lift 1/4 Turn R, Cross & Cross, Hold, 1/4 turn R, Rocking Chair, Side Mambo, Cross		
1&2&	Stepping forward on Rf, stepping forward on Lf, Stepping forward on Rf, Make a 1/4 turn right on Rf (3) and lift L knee up	
3&4&	Cross Lf over Rf, step Rf slightly to the Right side, and cross Lf over Rf weight onto Lf, HOLD	
5&6	Make a 1/4 turn R and rock forward on Rf, recover on Lf, and step back on Rf weight onto Rf	

7&8 Rock Lf to the left side, recover on Rf, and cross Lf over Rf weight onto Lf (6:00)

(9-16) Heel Grind 1/4 Turn R, Back, Lift, Cross & Cross, Cross Mambo Fwd, 1/4 Turn R, Side, Lock Shuffle Fwd

1-2&	Heel grind with Rf (toes from left to right) 1/4 turn right (9), Step Lf back, and step Rf back
	and lift L knee up weight onto Rf
3&4&	Cross Lf over Rf, step Rf slightly to the Right side, and cross Lf over Rf weight onto Lf, HOLD
5&6	Cross mambo forward on Rf, recover on Lf, make a 1/4 turn R and step Rf to the right side weight onto Rf
7&8	Step forward on Lf, lock Rf behind Lf, and step forward on Lf weight onto Lf (12:00)

(17-24) Fwd Rock / Recover, Back, Back, 1/4 Turn, Side, Hitch, Cross Samba (Left & Right)			
1&2	Rock forward on Rf, recover on Lf, and step back on Rf weight onto Rf (12:00)		
3&4	Step back on Lf, make a 1/4 turn R (3) and step Rf to the right side, and hitch L knee Up holding weight onto Rf		
5&6	Cross step Lf over Rf, step Rf to the R side and slightly backwards, step Lf to the left side and slightly backwards		
7&8	Cross step Rf over Lf, Step Lf to the Left side and slightly backwards, Step Rf to the Right side and slightly backwards weight onto Rf (3:00)		

RESTART POINT BEGINNING WALL 3 (facing 6 o'clock) Restart AFTER count 24, Then take weight back on Lf (& count).

Then Restart the dance again from the Beginning (9 o'clock)

(25-32) Cross, 1/4 Turn L Back, Back, Back Rock / Recover, Fwd. Lock Shuffle Fwd, Fwd Rock / Recover & 1/4 Turn R. Side Rock / Recover &

rwa Rock / Recover &, 1/4 Turri R, Side Rock / Recover &		
1&2	Cross Lf over Rf, make a 1/4 turn left (12) and stepping back on Rf, stepping back on Lf weight onto Lf	
3&4	Rock back on Rf, recover on Lf, and step forward on Rf weight onto Rf	
5&6	Step forward on Lf, lock Rf behind Lf, and step forward on Lf weight onto Lf	
7&8&	Rock forward on Rf, Recover on Lf, make a 1/4 turn right and Rock Rf to the right side, Recover on Lf weight onto Lf (3:00)	

Start Again And Have Fun!

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