

# Mantra

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Absolute Beginner  
编舞者: Mackenzie Skyden (USA) - June 2025  
音乐: Mantra - JENNIE



No Tags, No Restarts

Weight starts on the LF.

**\*\*QUICK INTRO\*\*** Dance starts 4 counts in after Jennie sings "pretty" 3 times

**[1-8] Walk Fwd + Kick, Walk Bwd + touch**

1-4      Walk fwd R, L, R, low kick with LF  
5-8      Walk bwd L, R, L, touch RF next to LF

**[9-16] Modified Basic R, Modified Basic L**

1-4      Normal Step RF to R side, Step LF next to RF. RF BIG Step to R side, touch LF next to RF.  
5-8      LF BIG Step to L side, Step RF next to LF. Normal Step LF to L side, touch RF next to LF.

**[17-24] 2x heel switches, 2x toe points**

1-4      Touch R heel fwd, step RF next to LF, touch L heel fwd, step LF next to RF  
5-8      Point RF to R side, step RF next to LF, Point LF to L side, step LF next to RF

**[25-32] Rocking chair, 2x quarter turning step touches**

1-4      Rock fwd on RF, recover weight on LF, Rock bwd on RF, recover weight on LF  
5-8      Step fwd on RF with ¼ turn, touch LF next to RF, Clap, Step fwd on LF with ¼ turn, touch RF next to LF, clap

End of Dance! Have Fun!! Contact [kenzie.skye.dances@gmail.com](mailto:kenzie.skye.dances@gmail.com) with questions. Demo video coming soon.