

# Fantasmas

**COPPER** **KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Sebastiaan Holtland (NL) - December 2009  
音乐: 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 &**

- 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!**

[smoothdancer79@hotmail.com](mailto:smoothdancer79@hotmail.com) / [dancefreak800@yahoo.com](mailto:dancefreak800@yahoo.com)