

Mantra

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Absolute Beginner
編舞者: Mackenzie Skyden (USA) - June 2025
音樂: 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 with questions. Demo video coming soon.