

Fantasmas

32 Count, 4 Wall, Improver

Choreographer: Sebastiaan Holtland (NL) Dec 09

Choreographed to: Fantasmas by Nelly Furtado

CD: Mi Plan 09

Start dancing on vocals (07sec)

- 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
- 7&8 Rock Lf to the left side, recover on Rf, and cross Lf over Rf (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
- 3&4& Cross Lf over Rf, step Rf slightly to the Right side, cross Lf over Rf HOLD
- 5&6 Cross mambo forward on Rf, recover on Lf, make a 1/4 turn R and step Rf to the right side
- 7&8 Step forward on Lf, lock Rf behind Lf, and step forward on 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 (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
- 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 (3:00)
- RESTART POINT BEGINNING WALL 3 (facing 6 o'clock)**
Restart AFTER count 24, then take weight back on Lf (& count).
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
- 3&4 Rock back on Rf, recover on Lf, and step forward on Rf
- 5&6 Step forward on Lf, lock Rf behind Lf, and step forward on 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!

Music download available from www.amazon.co.uk, www.tescodigital.com & iTunes
