

# Fantasmas

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**Count:** 32

**Wall:** 4

**Level:** Beginner / Intermediate

**Choreographer:** Sebastiaan Holtland NL (Dec 09)

**Music:** Fantasmas by 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!**

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