

Calma

Count: 48

Wand: 4

Ebene: Phrased Improver

Choreograf/in: Nathalie LATERRIERE (FR) - March 2019

Musik: Calma - Pedro Capó



Start the dance 4 counts after the strong beat coming after the slow introduction (Approx 36 s) « Vamos pa la playa »

Sequences : A B AAAA B TAG AA Final

Other music : CALMA by Pedro Capo , Alicia Keys , Farruko Remix(3.42 mn)

On this music , there's no TAG and no Final but you add 3A after the 2ND B

Sequences : A B AAAA B AAAAA

PART A : 32 counts

A1:SIDE TOGETHER RIGHT ,SIDE, HIP LIFT,SIDE TOGETHER LEFT, SIDE ,HIP LIFT

- 1-2 Step RF to R, Step LF next to RF
- 3-4 Step RF to R , Touch LF next to RF lifting L hip (weight on RF)
- 5-6 Step LF to L, Step RF next to LF
- 7-8 Step LF to L , Touch RF next to LF lifting R hip (weight on LF)

A2:STEP BACK RIGHT, TOUCH LEFT FORWARD & LIFT, STEP BACK LEFT, TOUCH RIGHT FORWARD & LIFT, SLOW COASTER STEP RIGHT, STEP LEFT FORWARD

- 1-2 RF back , Touch LF forward lifting L hip (Weight on RF)
- 3-4 LF back , Touch RF forward lifting R hip (Weight on LF)
- 5-6 RF back , step LF next to RF
- 7-8 Step forward on RF, Step forward on LF

A3:POINT SIDE & FORWARD, ROCK FORWARD,BACK , RECOVER, POINT SIDE & FORWARD,ROCK FORWARD,BACK , RECOVER

- 1-2 Point RF to R side, point RF forward
- 3&4 Rock RF forward, rock back on LF, rock forward on RF (end weight on RF)
- 5-6 Point LF to L side, point LF forward
- 7&8 Rock LF forward , rock back on RF , rock LF forward (end weight on LF)

A4:JAZZBOX CROSS ¼ TURN RIGHT, SIDE TOUCH LEFT and RIGHT WITH HIP LIFTS

- 1-2 Step RF across LF, Step back LF
 - 3-4 ¼ T R RF to R, step LF across RF (3 :00)
 - 5-6 Step RF to R, Touch LF beside RF lifting L hip
- Step LF to R, Touch RF beside LF lifting R hip (weight on LF)

PART B : 16 counts

Only facing 3:00 on Walls 2 and 6

B1 : 1/8 TURN LEFT BIG STEP RIGHT WITH DRAG, CROSS, BIG STEP ¼ TURN RIGHT WITH DRAG, CROSS BACK RIGHT , CROSS BACK LEFT , SIDE STEP LEFT,HOLD

- 1 1/8 T L with a slow big step R to right diagonal (4:30) dragging LF towards RF (shoulders facing 1:30)
- 2& LF next to RF, Step RF across LF
- 3 ¼ T R with a slow big step L (1:30) dragging slowly RF towards LF (shoulders facing 4:30)
- 4& Touch RF beside LF, Hold
- 5&6 Step RF across LF, Step back LF, step RF to R squaring to 3:00
- &7&8& Step LF across RF, step back RF, step LF to L, touch RF beside LF, Hold

B2 : 1/8 TURN LEFT BIG STEP RIGHT WITH DRAG, CROSS, BIG STEP ¼ TURN RIGHT WITH DRAG, CROSS BACK RIGHT , CROSS BACK LEFT , SIDE STEP LEFT,HOLD

- 1 1/8 T L with a slow big step R to right diagonal (4:30) dragging LF towards RF (shoulders facing 1:30)
- 2& LF next to RF, Step RF across LF
- 3 ¼ T R with a slow big step L (1:30) dragging slowly RF towards LF (shoulders facing 4:30)
- 4& Touch RF beside LF, Hold
- 5&6 Step RF across LF, Step back LF, step RF to R squaring to 3:00
- &7&8& Step LF across RF, step back RF, step LF to L, touch RF beside LF, Hold

TAG: On wall 6 , add the following TAG after B2

CROSS RIGHT WITH A CIRCLE ARMS MOVEMENT

- 1 Step RF across LF crossing your hands down in front of you (keep the weight on LF)
- 2-3-4 Raise your arms in front of you and spread them on each side to form a circle

FINAL: In the last section of the dance on Wall 7 (starting at 6:00) , when you are facing 9:00, replace « Touch RF beside LF lifting R hip » by

¼ T RIGHT STEP LEFT TO LEFT , TOUCH RIGHT WITH HIP LIFT

- 7-8 ¼ T right LF to L, Touch RF beside LF lifting L hip (you'll be facing 12 :00)

Last update May 30th 2019

Last Site Update – 7th July 2019
