

Calma

Count: 64

Wall: 4

Level: Beginner / Improver

Choreographer: Maryloo (FR) - January 2019

Music: Calma (Remix) - Pedro Capó & Farruko



Intro : 80 counts (36 seconds)
or : 16 counts (about 7 seconds)

NB : This dance is easy even for beginners because the music is very slow !

RUMBA BOX

1-2-3-4 Step R to side, step L next to R , step R back, hold

5-6-7-8 Step L to side, step R next to L, step L fwd, hold

R SIDE MAMBO ¼ TURN LEFT, FLICK ½ TURN R , SHUFFLE FWD , FLICK ¼ TURN L

1-2-3-4 Rock R to side, ¼ turn L and recover on L, step R fwd, , raise L heel up with knee bent making ½ R turn (3.00)

5-6-7-8 Step L fwd, step R next to L, step L fwd, raise R heel up with knee bent making ¼ L turn (12.00)

SHUFFLE FWD, FLICK ½ TURN R , SHUFFLE FWD ,SWEEP 1/4 TURN L

1-2-3-4 Step R fwd, step L next to R, step R fwd, raise L heel up with knee bent making ½ R turn (6.00)

5-6-7-8 Step L fwd, step R next to L, step L fwd, make ¼ turn L sweeping R from back to front (3.00)

L CROSS ,SIDE, SWEEP, BEHIND, ¼ TURN R, STEP R FWD, STEP L FWD, HOLD

1-2-3-4 Cross R over L,step L to side, cross R behind L, sweep L from front to back

5-6-7-8 Cross L behind R, make a ¼ turn R stepping R fwd (6.00), step L fwd, hold

ROCKING CHAIR, STEP LOCK STEP, HOLD

1-2-3-4 Rock R fwd, recover back on L, rock R back, recover fwd to L

5-6-7-8 Step R fwd ,lock L behind R, step R fwd, hold

MAMBO 1/4 TURN L, HOLD, WEAVE

1-2-3-4 Rock L fwd , recover back onto R, turn ¼ L stepping L to L side (3.00), hold

5-6-7-8 Cross R over L, step L to side, cross R behind L, step L to side

R CROSS MAMBO , HOLD , L CROSS MAMBO, HOLD

1-2-3-4 Cross R over L, recover onto L, step R to side, hold

5-6-7-8 Cross L over R, recover onto R, step L to side, hold

PIVOT ½ TURN L, STEP, HOLD, BUMPS (3X),HOLD

1-2-3-4 Step R fwd, pivot ½ turn L(weight on L) (3.00), step R fwd,, hold

5-6-7-8 Bumps : (L.R.L.), hold

No Tag, No Restart

Contact Choreographer Maryloo : maryloo.win68@gmail.com - WEBSITE : www.line-for-fun.com