

Con Calma

Compte: 32

Mur: 2

Niveau: Improver

Chorégraphe: Harry Samana (INA) - February 2019

Musique: Daddy Yankee & Snow - Con Calma



TAG = After wall 3 And wall 6
RESTART = Wall 5 after count 24

Start dance after Intro 16 count

#Season 1. HIPS ROLL, TURN L ¼ , CROSS, SIDE, CROSS SAMBA, CLAP

1 - 2 ; step RF to side roll your hips - recover LF
3&4& ; turn L 1/8 step RF to side roll your hips and clap - recover LF, turn L 1/8 step RF to side roll your hips clap - recover LF
5&6& ; cross RF over LF, recover LF, step RF to side R, recover LF
7 & 8 ; cross RF over LF, step LF to side L, step RF in place

#Season 2. CROSS, BACKWARD, HITCH, TURN L ¼, TURN R ½, HIPS BUMP,

1&2& ; cross LF over RF - step RF to side R - step LF backward, hitch RF
3&4 ; step RF backward - turn L ¼ step LF to side L - step RF forward
5&6 ; touch LF forward shake your hips L - R - LF in place
7&8 ; turn R ½ touch RF forward shake your hips R - L - RF in place

#Season 3. WALK, HITCH, SHIMMY, SCISSOR STEP, ROCK, SIDE, CROSS,

1 - 2 ; walk LF forward - hitch RF with shimmy
3 - 4 ; walk RF forward - hitch LF with shimmy
5&6 ; step LF to side L - close RF beside LF - cross LF over RF
7&8& ; rock RF to side R - recover LF, cross RF behind LF - step LF in place

***** RESTART..... wall 5

#Season 4. SAMBA WHISK, ROCKIN CHAIR, FORWARD, TURN L ½

1&2 ; step RF to side R - cross LF behind RF - step RF in place
3&4 ; step LF to side L - cross RF behind LF - step LF in place
5&6& ; rock RF forward - recover LF - rock RF backward, recover LF
7-8 ; step RF forward, turn L ½ step LF in place

#TAG 16 COUNT

T-Season 1, SIDE, MAMBO RF-LF

1&2 rock RF to side R - recover LF - close RF beside LF
3&4 rock LF to side L - recover RF - close LF beside RF
5&6 repated 1&2
7&8 repated 3&4

T-Season 2, OUT-IN , SAMBA WISHK

1&2&3&4& step RF out - LF out, RF in- LF in,
RF out- LF out , RF in- LF in
5&6 step RF to side R - cross LF behind RF - step RF in place
7&8 step LF to side L - cross RF behind LF - step LF in place

Thank you- -- -- -enjoy your dance

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