

# Calma Lento

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Wina (INA) - May 2020

**Musique:** Calma (Alicia Remix) - Pedro Capó, Alicia Keys & Farruko



## Intro 80 Count - No Tag No Restart

### A. CROSS - TOUCH - CROSS - TOUCH - JAZZBOX

- 1 - 2 Step R cross over L, L side touch
- 3 - 4 Step L cross over R, R side touch
- 5 - 6 Step R cross over L, Step L back
- 7 - 8 Step R to Side, Step L forward

### B. PADDLE TURN 1/4 L ( 2× ) - CROSS - TOUCH - CROSS - TOUCH

- 1 - 2 Step R Forward, Turn 1/4 L step L in place
- 3 - 4 Step R Forward, Turn 1/4 to L step L in place
- 5 - 6 Step R cross over L, L side touch
- 7 - 8 Step L cross over R, R side touch

### C. GRAPEVINE TOUCH ( R L )

- 1 - 2 Step R cross over L, Step L to side
- 3 - 4 Cross L back behind R, L side touch
- 5 - 6 Step L cross over R, Step R to side
- 7 - 8 Cross R back behind L, Step L touch

### D. V STEP - SIDE- TOUCH - TURN 1/4 R SIDE - TOUCH

- 1 - 2 Step R diagonal, Step L diagonal
  - 3 - 4 Close R L
  - 5 - 6 Step R to Side - Touch L in place
  - 7 - 8 Turn 1/4 right Step L to Side - Touch R in place
-