

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
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