

# Con Calma

拍数: 32                      墙数: 2                      级数: Improver  
编舞者: Harry Samana (INA) - February 2019  
音乐: 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

Contact: harrysamana01@gmail.com

