

# Con Calma

拍数: 32                      墙数: 4                      级数: High Beginner  
编舞者: Yona Mirda (INA) - March 2019  
音乐: Con Calma by Daddy Yankee & Snow



Intro : 16 counts

## [1 – 8] SKATE FWD DIAG, SHUFFLE DIAG, SKATE BACK DIAG, SHUFFLE BACK DIAG

1 – 2                      Skate R fwd diag – skate L fwd diag  
3 & 4                      Step R fwd diag – L beside R – R fwd diag  
5 – 6                      Skate L back diag – skate R back diag  
7 & 8                      Step L back diag – R beside L – L back diag ... (11.30)

\*Restart here on wall 7

## [9 – 16] SWIVEL IN TOES & HEELS, 3/8 TURN RIGHT TWIST, SIDE SAMBA

1 – 2                      Swivel both toes in – swivel both heels in  
3 & 4                      Make 3/8 turn swivel both toes to right – both heels to right – both toes to right .. (3.00)  
5 a6                      Rock L to side – recover on R – close L beside R  
7 a8                      Rock R to side – recover on L – close R beside L

\*Restart here on wall 4

## [17-24] CROSS & SIDE TOUCH , CROSS SAMBA

1 – 2                      L cross touch – L side touch ..... (4.30)  
3 a4                      Cross L over R – rock R to side – recover on L ..... (1.30)  
5 – 6                      R cross touch – R side touch  
7 a8                      Cross R over L – rock L to side – recover on R ..... (3.00)

## [25-32] SAMBA WEAVE , CROSS SAMBA, SAMBA ½ TURN

1 a2                      Cross L over R – R to side – L behind R  
a3 a4                      R to side – R over L – rock R to side – recover on L  
5 a6                      Cross R over L – rock L to side – recover on R  
7 a8                      Step L fwd – rock R fwd – turn ½ left recover on L ... (9.00)

\*Restarts happen on  
Wall 4 (after 16 counts)  
Wall 7 (after 8 counts)

Enjoy the dance!!

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