

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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