

Less Calmly

拍数: 64 墙数: 4 级数: Phrased Advanced
编舞者: Noah Sierra (USA) - June 2019
音乐: Con Calma (feat. Snow) (Remix) - Daddy Yankee & Katy Perry



Intro: 48 counts - Sequence: AB, BB, TAG, AB, A.

A1: PIVOT ½ W/ EXTRA STEP, TRIPLE FORWARD X2, HIP BUMPS L.

1&2 Step RF forward, pivot ½ L, step RF forward.
3&4 Shuffle L forward.
5&6 Shuffle R forward.
7&8 Bump L hip to L side, bump R hip to R side, bump L hip to L side.

A2: ROCK/RECOVER, STEP BACK X2, TOE/HEEL, STEP BACK X2, STEP FORWARD X2.

1-2 Rock RF forward, recover on LF.
3&4 Step RF back, step LF back, touch R toe in place (knee in).
5-6 Touch R heel in place (knee out), step RF back.
&7-8 Step LF back, step RF forward, step LF forward.

A3: R HEEL, L HEEL, PIVOT ¼, JAZZ BOX W/ CROSS.

1&2& Touch R heel forward, step RF on LF, touch L heel forward, step LF on RF.
3-4 Step RF forward, pivot ¼ L.
5-6 Cross RF over LF, step LF back.

A4: EXTENDED HEEL JACKS.

1-2 Step RF to R side, cross LF over RF.
&3&4 Step RF to R side, touch L heel diagonal forward, step LF in place, cross RF over LF.
5-6 Step LF to L side, cross RF behind LF.
&7&8 Step LF to L side, touch R heel diagonal forward, step RF in place, step LF forward.

B1: MAMBO R FORWARD, MABMO L BACK, KICK/TOUCH X2.

1&2 Rock RF forward, recover on LF, step RF back.
3&4 Rock LF back, recover on RF, step LF forward.
5-6 Kick RF forward, touch RF on LF.
7-8 Kick RF forward, touch RF on LF.

(Option for counts 5-8 in sec. B1: Kick/Ball/Change in sec. B1 is optional)

B2: PIVOT 1/8 OF ¼ PIVOT X2, ROCK/RECOVER X2, WALK FORWARD X2.

1-2 Step RF forward pivot 1/8 of ¼ pivot L.
3-4 Step RF forward, pivot 1/8 of ¼ pivot L.
5&6& Rock RF forward, recover on LF, rock RF back, recover on LF.
7-8 Walk RF forward, walk LF forward.

B3: STEP/HOLD W/ 2 CLAPS X4.

1&2 Step RF diagonal forward, clap hands X2.
3&4 Step LF diagonal forward, clap hands X2.
5&6 Step RF diagonal forward, clap hands X2.
7&8 Step LF diagonal forward, clap hands X2.

B4: PIVOT ¼, CROSS/STEP, SAILOR R, SAILOR L.

1-2 Step RF forward, pivot ¼ L.
3-4 Cross RF over LF, step LF to L side.
5&6 Step/rock RF behind LF, recover on LF, step RF on LF.

7&8 Step/rock LF behind RF, recover on RF, step LF on RF.

TAG (end of wall 4):

1-4 Cross RF over LF, step LF back, step RF to R side, step LF on RF.

5-8 Cross RF over LF, step LF back, step RF to R side, step LF on RF.

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script. Also, if you would like a FREE .MP3 (audio) copy of the song, please email me and let me know.

Email: noahsierragae@gmail.com

Website: dancewithnoah.website2.me

Last Update – 3 July 2019
