

Con Calma Samba

拍数: 32 墙数: 4 级数: Improver
编舞者: Miske Findriani Paduli (INA) - September 2023
音乐: Con Calma (Samba 50bpm) - Avera



* No Tags

** 1 Restart after 16C on Wall 4 (facing 09:00)

Intro: 2 Counts

Section 1: Samba Whisk (R/L) - 1/2R Volta Turn

1 a2 Step R to R, step ball L behind R, step R in place
3 a4 Step L to L, step ball R behind L, step L in place
5&6& Turn 1/8R step R forward, step on ball L slightly behind R, turn 1/8R step R forward, step on ball L slightly behind R
7&8 Turn 1/8R step R forward, step on ball L slightly behind R, turn 1/8R step R forward (06:00)

Section 2: Walk (L/R) - Forward Lock Shuffle - 1/2R Mambo Step - Forward Lock Shuffle

1-2 Step L forward, step R forward
3&4 Step L forward, lock R behind L, step L forward
5&6 Step R forward, recover on L, turn 1/2R step R forward (12:00)
7&8 Step L forward, lock R behind L, step L forward

(Restart here on Wall 4)

Section 3: Diagonal Botafogo (R/L) - 3/8R Diamond Step

1 a2 Cross R over L, 1/8R ball L to side, step R in place (1:30)
3 a4 Cross L over R, 1/4L ball R to side, step L in place (10:30)
5&6& Cross R over L, 1/8R step L to side, 1/8R step R back, hitch L knee
7&8 Step L back, turn 1/8R step R to side, step L forward (03:00)

Section 4: Syncopated V Step (2x) - Basic Samba (R/L)

1&2& Step R diagonal out, step L diagonal out, step R back to center, step L back to center
3&4& Step R diagonal out, step L diagonal out, step R back to center, step L back to center
5 a6 Step R forward, step ball of L slightly behind R, recover on R
7 a8 Step L back, step back of R slightly in front of L, recover on L

Happy Dancing & Thank You