

# Calma

拍数: 32      墙数: 4      级数: Beginner / High Beginner  
编舞者: Curtis Dooma (CAN) - November 2024  
音乐: Calma (Alan Walker Remix) - Pedro Capó, Alan Walker & Farruko



No Tags, No Restarts

16-Count Intro

## Section 1: R Sailor Step, L Sailor Step, R Step to Right, Hip Sways x 4

1&2      Step R behind L, Step L to Left Side, Step R beside L  
3&4      Step L behind R, Step R to Right Side, Step L beside R  
&5,6,7,8      Step R to Right side & Hip Sway R, Hip Sway L, Hip Sway R, Hip Sway L

## Section 2: R Forward Diagonal Shuffle, L Forward Diagonal Shuffle, R Forward Diagonal Step Touch, L Forward Diagonal Step Touch

1&2      Step R to Right Front Diagonal (1:30), Step L Together, Step R to Right Front Diagonal (1:30)  
3&4      Step L to Left Front Diagonal (10:30), Step R Together, Step L to Left Front Diagonal (10:30)  
5,6      Step R to Right Front Diagonal (1:30), Touch L Foot beside R  
7,8      Step L to Left Front Diagonal (10:30), Touch R Foot beside L

## Section 3: R Back-Lock-Back, L Back-Lock-Back, Back Sweeps x2, R Back Rock, Recover L Forward

1&2      Step R foot Back (6:00), Lock Step L foot in front of R, Step R foot Back (6:00)  
3&4      Step L foot Back (6:00), Lock Step R foot in front of L, Step L foot Back (6:00)  
5,6      Sweep R foot in a semi-circular arc from front to back, Sweep L foot in a semi-circular arc from front to back  
7,8      Rock Step R foot Back (6:00), Recover Forward (12:00) on L foot

## Section 4: R Mambo Step, L Mambo Step, Monterey – ¼ Turn Right

1&2      Step R to Right side, Recover L in place, Step R beside L foot  
3&4      Step L to Left side, Recover R in place, Step L beside R foot  
5,6,7,8      Point R Toe to Right side, Pivot-Turn ¼ Right (3:00) as R foot slides next to Left foot, Point L to Left side, Step L Together.

Restart the dance & continue for a total of 12 Walls.

Have fun with my choreography!