

Con Calma

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Con Calma - Alvaro Soler



Intro: 2 x 8 counts wait

Part 1: heel, cross & cross, step turn left 1/4, heelstrut turn 1/2 left

1, 2& RF heel, LF step left, weight on RF
3&4 LF cross before RF, RF step right, LF cross before RF
5, 6 RF step right, LF turn 1/4 left and step forward
7 RF heel forward and turn 1/2 left on your heel
8 RF strut (sit up on your right feet)

Part 2: toe strut turn left 1/2 step lock step right, step lock step left, teeter from right to left diagonal

1, 2 LF toe back, turn 1/2 left and LF strut
3, 4& RF step diagonal forward, LF lock behind RF, RF step diagonal forward
5, 6& LF step diagonal forward, RF lock behind LF, LF step diagonal forward
7, 8 weight on RF and body to the diagonal right, change weight (teeter) to LF and body to diagonal left

Part 3 : side behind & heel, hold, kick, kick, coasterturn 1/4 right

1, 2& RF step right, LF cross behind RF, RF step right
3, 4& LF heel, hold, LF strut
5, 6 RF kick to the diagonal line left, RF kick to the diagonal line right
7&8 1/4 turn right, RF back, LF close, RF step forward

Part 4: rock recover, full tripple turn left, rock recover, 1/4 turn right, step, hold

1, 2 LF rock for, weight back on RF
3&4 tripple turn easy: run around your self lefthand: LF, RF, LF
5, 6 RF rock for, weight on LF
7, 8 turn 1/4 right, RF step right, hold

Part 5 : & Chasse right, back rock, tripple turn 1/2 right, side rock

& LF close next to RF
1&2 RF step right, LF close, RF step right
3, 4 LF back rock, weight on RF
5&6 LF begins to turn right, RF close with keep turning, LF close (easy explain: chasse left with 1/2 turn right)
7, 8 RF rock right, weight on LF

Part 6 : cross, hold & cross & cross, hop with touch, step 1/4 right, swipe, step swipe

1, 2 RF cross before LF, hold
&3 RF cross before LF
&4 LF hop left, RF touch
5, 6 RF step 1/4 turn right, LF swipe
7, 8 LF step forward, RF swipe

Part 7 : jazz box, bachata left

1, 2 RF cross before LF, LF step back
3, 4 RF step side right, LF touch with hip
5, 6 LF step left, RF close

7, 8 LF step left, RF touch with hip

Part 8 : side touch right, side touch left, side rock 1/4 turn right, back rock

1, 2 RF step right, LF touch

3, 4 LF step left, RF touch

5, 6 RF step right with 1/4 turn right, weight on LF

7, 8 RF rock back, weight on LF

Have so much Fun ☐

Last Update: 1 Apr 2025
