

# Calma

COPPER KNOB  
STEPPERS

拍數: 64                      牆數: 4                      級數: Beginner / Improver  
編舞者: Maryloo (FR) - January 2019  
音樂: Calma (Remix) - Pedro Capó & Farruko



Intro : 80 counts ( 36 seconds)  
or : 16 counts ( about 7 seconds)

**NB : This dance is easy even for beginners because the music is very slow !**

## RUMBA BOX

1-2-3-4                      Step R to side, step L next to R , step R back, hold  
5-6-7-8                      Step L to side, step R next to L, step L fwd, hold

## R SIDE MAMBO ¼ TURN LEFT, FLICK ½ TURN R , SHUFFLE FWD , FLICK ¼ TURN L

1-2-3-4                      Rock R to side, ¼ turn L and recover on L, step R fwd, , raise L heel up with knee bent making ½ R turn (3.00)  
5-6-7-8                      Step L fwd, step R next to L, step L fwd, raise R heel up with knee bent making ¼ L turn (12.00)

## SHUFFLE FWD, FLICK ½ TURN R , SHUFFLE FWD ,SWEEP 1/4 TURN L

1-2-3-4                      Step R fwd, step L next to R, step R fwd, raise L heel up with knee bent making ½ R turn (6.00)  
5-6-7-8                      Step L fwd, step R next to L, step L fwd, make ¼ turn L sweeping R from back to front (3.00)

## L CROSS ,SIDE, SWEEP, BEHIND, ¼ TURN R, STEP R FWD, STEP L FWD, HOLD

1-2-3-4                      Cross R over L,step L to side, cross R behind L, sweep L from front to back  
5-6-7-8                      Cross L behind R, make a ¼ turn R stepping R fwd (6.00), step L fwd, hold

## ROCKING CHAIR, STEP LOCK STEP, HOLD

1-2-3-4                      Rock R fwd, recover back on L, rock R back, recover fwd to L  
5-6-7-8                      Step R fwd ,lock L behind R, step R fwd, hold

## MAMBO 1/4 TURN L, HOLD, WEAVE

1-2-3-4                      Rock L fwd , recover back onto R, turn ¼ L stepping L to L side (3.00), hold  
5-6-7-8                      Cross R over L, step L to side, cross R behind L, step L to side

## R CROSS MAMBO , HOLD , L CROSS MAMBO, HOLD

1-2-3-4                      Cross R over L, recover onto L, step R to side, hold  
5-6-7-8                      Cross L over R, recover onto R, step L to side, hold

## PIVOT ½ TURN L, STEP, HOLD, BUMPS ( 3X),HOLD

1-2-3-4                      Step R fwd, pivot ½ turn L( weight on L) (3.00), step R fwd,, hold  
5-6-7-8                      Bumps : (L.R.L.), hold

**No Tag, No Restart**

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