

Con Calma AB

拍數: 32 牆數: 2 級數: Absolute Beginner - New Line
編舞者: Steffie ROBERT (FR) - June 2019
音樂: Con Calma (feat. Snow) (Remix) - Daddy Yankee & Katy Perry



Music Version 2: Con calma (Remix) feat. Snow – Daddy Yankee [3:13] (2 Restarts)

Intro : 16 counts

[1-8] POINT, POINT, TRIPLE STEP or SAILOR STEP, POINT, POINT, TRIPLE STEP or SAILOR STEP

1-2 Point R forward, Point R to the R
3&4 Triple Step R, L, R on place or R Sailor Step
5-6 Point L forward, Point L to the L
7&8 Triple Step L, R, L on place or L Sailor Step

Restart here (6:00) on wall 6 (version 1) or wall 7 (2nd restart on version 2)

[9-16] SIDE STEP, TOUCH, SIDE STEP, TOUCH, R. SHUFFLE, ROCK STEP

1-2 Step R to Right side, Touch L next to R
3-4 Step L to Left side, Touch R next to L
5&6 R Triple Step to Right Side (= Step R to the R, Step L next to R, Step R to the R)
7-8 Rock L to the back, Recover on R

(Restart 1 here on version 2 changing steps on counts 7 & 8)

[17-24] SIDE STEP, TOUCH, SIDE STEP, TOUCH, L. SHUFFLE, ROCK STEP

1-2 Step L to Left side, Touch R next to L
3-4 Step R to Right side, Touch L next to R
5&6 L Triple Step to Left Side (= Step L to the L, Step R next to L, Step L to the L)
7-8 Rock R to the back, Recover on L

[25-32] ¼ TURN LEFT x2, JAZZ BOX

1-2 Step R forward, ¼ turn Left (Weight on L foot) 9:00
3-4 Step R forward, ¼ turn Left (Weight on L foot) 6:00
5-6 Cross R in front of L, Step L backward
7-8 Step R to Right side, Step L forward

Styling option for the two quarter turns (counts 1 to 4) :

1&2& Step R forward, Slide L next to R, ¼ turn L with Step L to L side, Slide R next to L
3&4& Step R forward, Slide L next to R, ¼ turn L with Step L to L side, Slide R next to L

N.B. If danced on version 2 of music without Katy Perry, the 1st restart changes :

On wall 4, dance to count 14 (section 2) then change the Rock Step with Step L next to R and Touch R next to L. Then restart the dance at 6:00.

Restart 2 : on wall 7 at 6:00 after 8 counts.

REPEAT & ENJOY YOUR DANCE

Convention : R = Right L = Left

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