

Calma

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner / High Beginner
編舞者: Curtis Dooma (CAN) - November 2024
音樂: 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!