

Con Calma

Choreographer: Sarah Fröhlich

Level: Newcomer

Counts: 32

Wall: 4 Wall

Music: Con Calma by Daddy Yankee & Snow

Start the dance after 16 counts or start dancing when the singing starts.

1-8 2x ROCK STEP, 2x VAUDEVILLE

1,2 & RF step side, recover weight on LF, RF close to LF

3,4 LF step side, recover weight on RF

5&6& LF cross over RF, RF step side & left heel tap diagonal to the left, LF close to RF

7&8& RF cross over LF, LF step side & right heel tap diagonal to the right, RF close to LF

9-16 2x ROCK STEPS, 4x BATUCADA

1,2& LF step forward, recover weight RF, close LF to RF

3,4 RF step forward, recover weight on LF

5&a Step RF back, press ball of LF forward, recover on RF

6&a Step LF back, press ball of RF forward, recover on LF

7&a Step RF back, press ball of LF forward, recover on RF

8&a Step LF back, press ball of RF forward, recover on LF

17-24 2x BOTAFOGOS, CROSS ROCK & SIDE ROCK, CROSS ROCK, SLIDE

1 a, 2 RF cross over LF, LF step side, recover on RF

3 a, 4 LF cross over RF, RF step side, recover on LF

5&6& RF cross over LF, recover on LF, RF step side, recover on LF

7&8& RF cross over LF, recover on LF, RF a big step to the side, drag LF to RF

25-32 6x 1/8 PADDLE TURN, CLOSE with BODY ROLL

1& 1/8 turn to the right LF step side, recover weight on RF and LF push for next turn

2& 1/8 turn to the right LF step side, recover weight on RF and LF push for next turn

3& 1/8 turn to the right LF step side, recover weight on RF and LF push for next turn

4& 1/8 turn to the right LF step side, recover weight on RF and LF push for next turn

5& 1/8 turn to the right LF step side, recover weight on RF and LF push for next turn

6 1/8 turn to the right LF step side

7,8 RF close to LF, Roll your Body from the bottom to the top

Restarts:

Restart in wall 4 after 16 counts and in wall 7 after 8 counts.

After the 16 counts in wall 4 and after the 8 counts in wall 7 add a tap and start from the top.

Have fun and be happy!