Calma

Ebene: Improver - Salsa Style



Count: 32 Wand: 4 Choreograf/in: Rex Chuan (USA) - June 2019 Musik: Calma - Pedro Capó

Tag:0 - Restart: 0

Start: after 2 counts of faint string intro, with vocal. (listen carefully, and count by timing)

S1: Walk, L Shuffle, R Shuffle, Rock Recover, Weave, Pivot Turn

- 12&3 RF forward(1), LF forward(2), RF lock in(&), LF forward(3)
- 4&56 RF forward(4), LF lock in(&), RF forward(5), RF R(6)
- 7&8& RF cross behind LF(7), LF L(&), L quarter turn and RF forward(8), L quarter turn and LF L(&) (6:00)

S2: Cross, Side Rock Recover, Cross, Side Rock Recover, Forward Rock Recover, Push Back, Back Mambo, Pivot Turn

- 1 2&3 4& RF cross LF(1), LF rock L(2), recover(&), LF cross RF(3), RF rock R(4), recover(&)
- 5&6 RF rock forward(5), recover(&), RF push backward(6)
- 7&8& LF rock backward(7), recover(&), LF forward(8), L quarter turn and RF R(&), L quarter turn for next step (12:00)

S3: Cross Rock Recover, L Chasse, Cross Rock, R Chasse, Walk, Tap, Back Push, Turn And Together

- 1&2&3 LF cross rock(1), recover(&), LF L(2), RF together(&), LF L(3)
- 4&5&6 RF rcross rock(4), recover(&), RF R(5), LF together(&), RF R(6)
- 7&8& R quarter turn and LF forward(7), LF tap behind RF(&), RF push back ward(8), L quarter turn and LF tap together(&) (12:00)

S4: Side, R Jazz Box, L Jazz Box, Shuffle Turn, R Jump, Tap, Turn And Walk

- 1&2& LF L(1), RF cross LF(&), LF L(2), RF backward(&)
- 3&4& LF cross RF(3), RF R(&), LF back(4), RF together(&)
- 5&6 LF forward(5), R quarter turn and RF together, R quarter turn and LF backward(6)
- 7&8 RF jump right(7), LF tap together(&), L quarter turn and LF forward(8) (3:00)

Enjoy the dance!