

# Calm Down Buddies

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Phrased Intermediate  
编舞者: José Miguel Belloque Vane (NL), Rebecca Lee (MY), Roy Verdonk (NL) & Jean-Pierre Madge (CH) - July 2019  
音乐: Con Calma (feat. Snow) - Daddy Yankee



Intro: 16 counts ( approx. : 0.10)

Sequence : AB AA(16)B AA (8 counts)B AB

## PART A

### [1 – 8] Side Behind Cross X2, Heel Grind Together, Cross Shuffle,

1&2      Step R to R (1), Step ball of L behind R (&) Cross R over L (2) 12:00  
3&4      Step L to L (3) Step ball of R behind L (&) Cross L over R (4) 12:00  
5&6      Cross R heel over L (5) Keep R heel on the floor and Step L to L (&) Step R next to L (6) 12:00  
7&8      Cross L over R (7) Step R to R (&) Cross L over R (8) 12:00

### [9 – 16] Rock Side Recover, Rock Side Recover , Sweep, Beside Side Cross, Side Rock Cross

1-2      Rock R to R (1) Recover L (2) 12:00  
&3&4      Step R next to L (&) Rock L to L (3) Recover R (&) Step L next to R sweeping R front to back (4) 12:00  
5&6      Step R behind L (5) Step L to L (&) Cross R over L (6) 12:00  
7&8      Rock L to L (7) Recover R (&) Cross L over R (8) 12:00

### [17 – 24] Full Turn Volta, ½ Turn L, ½ Turn L, Shuffle Forward

1&2&      ¼ turn R Step R forward(1) Lock L behind R(&) ¼ turn R Step R forward(2) Lock L behind R (&) 6:00  
3&4      ¼ turn R Step R forward(3) Lock L behind R(&) ¼ turn R Step R forward(4) 12:00  
5&6      ½ turn L Step L forward (5) Step R forward (&) ½ turn L Step L forward (6) 12:00  
7&8      Step R forward (7) Lock L behind L (&) Step R forward (8) 12:00

### [25 – 32] Mambo Step, ½ Turn Behind Side Forward, Mambo Step, Rock Recover Together

1&2      Rock L forward (1) Recover R (&) Step L back (2) 12:00  
3&4      Step R back (3) ¼ Turn L step L to L (&) ¼ Turn L step R forward (4) 6:00  
5&6      Rock L forward (5) Recover R (&) Step L back (6) 6:00  
7&8      Rock R back (7) Recover L (&) Step R next to L with shimmy shoulder (8) 6:00

## PART B

### [1- 8] Knee Hitches, Press, ½ Turn Touches Slide

1&2&      Hitch R (1) Step R next to L (&) Hitch L (2) Step L next to R (&) 6:00  
3&4      Hitch R (3) Touch R next to L (&) Hitch R (4) 6:00  
5-6      Press R forward (5) Point R to R (6), 6:00  
7&8      ¼ turn R point to R (7), ¼ turn R point R to R (&), Big Step R to R (8) 12:00

### [9 –16] Jazz Box, Side Behind, Side Hitch, Slide Step, Body Shimmy

1&2&      Cross L over R (1), Step R back (&) Step L to L (2) Cross R over L (&) 12:00  
3&4&      Step L to L (3), Cross R over L (&), Step L to L (4), Hitch R (&) 12:00  
5-6      Slide R to R (5) Step L next to R (6) 12:00  
7-8      Body roll or Shimmy 12:00

### [17-24] Knee Hitches, Press, ½ Turn Touches Slide

1&2&      Hitch R (1) Step R next to L (&) Hitch L (2) Step L next to R (&) 12:00

3&4 Hitch R (3) Touch R next to L (&) Hitch R (4) 12:00  
5-6 Press R forward (5) Point R to R (6), 12:00  
7&8  $\frac{1}{4}$  turn R point to R (7),  $\frac{1}{4}$  turn R point R to R (&), Big Step R to R (8) 6:00

**[25-32] Step (ARMS), Swivel Heel, Toe, Heel Toe, (ARMS)**

1&2& Step L to L punch R arm forward with showing the palm instead of fist (1) Punch L arm forward (&) Punch R arm to R side (2) Punch L arm to L side (&) 6:00  
3&4& Punch R arm to back next to R bum (3), Punch L arm back next to L bum (&), Punch R arm to L thigh (4) Punch L arm to R thigh (&) Looking like a X 6:00  
5&6& Swivel both heel in (5), Swivel both toes in (&), Swivel both heel in (6), Swivel both toes in (&) Roll the arm from bottom up to the chest 6:00  
7&8 Pull both arm down to waist twice (7&) Point both index finger to the front and swing it down (8) 6:00

**HAVE FUN & BE CALM BUDDIES!**

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