

Calm Down Buddies

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Count: 64

Wall: 2

Level: Phrased Intermediate

Choreographer: José miguel Belloque Vane, Rebecca Lee , Roy Verdonk, Jean-Pierre Madge - July 2019

Music: Con Calma by Daddy Yankee ft Snow

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&4¼ turn R Step R forward(3) Lock L behind R(&) ¼ turn R Step R forward(4) 12:00**
- 5&6½ 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&8¼ 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^{1/4} turn R point to R (7), 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!