

Calypso - Luis Fonsi

TC	Song Part	Choreography	Reps
0:00	Intro	Step side to side (slight squat) with birdy arms	
0:14	A	4 steps forward w/ egyptian arms into arms out while step out 4 steps backward w/ egyptian arms into arms out while step out	2x
0:32	B	4 steps walking backwards to each side and then hips semi-circle - switch direction	2x
0:49	C	2 arms pumps side to side moving forwards Transition going backwards with birdy arms	
0:58	D	Small squat and bring each knee inward 2x Transition into squat stance	
1:07	E	Small squat hops going from wide to double narrow Transition to more energy	
1:24	A	4 steps forward w/ egyptian arms into arms out while step out 4 steps backward w/ egyptian arms into arms out while step out	2x
1:41	F	Heel to toe staggered forwards into right leg up and left leg up with arms overhead Do the same thing going backwards	
1:59	B	4 steps walking backwards to each side and then hips semi-circle - switch direction	2x
2:16	C	2 arms pumps side to side moving forwards Transition going backwards with salsa arms	
2:25	D	Small squat and bring each knee inward 2x Transition into squat stance	
2:34	C	2 arms pumps side to side moving forwards Transition going backwards with birdy arms	
2:42	D	Small squat and bring each knee inward 2x Transition into squat stance	
2:51	E	Small squat hops going from wide to double narrow Transition to more energy Option to change direction for outro (do a 360 degree turn with hops)	