

# CaLMDoWN

**COPPER** KNOB  
BY SHEETS

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Andrico Yusran (INA) - November 2022

Musik: Calm Down (Dj Dark & Mentol Remix) - Rema



No Tag NO Restart

**\*Start dance after intro lyrics 16 counts\***

## **S1. \*ROCK SYNCOPATED - CROSS BEHIND - SIDE - FORWARD - CROSS TOUCH - SIDE TOUCH - CROSS SHUFFLE\***

1&2& Step R cross over L , recover on L , R side , recover on L  
3&4 R cross behind L , L to side , R forward  
5-6 L cross over R , L side touch [ weight on R ]  
7&8 L cross over R , R side , L cross over R

## **S2. \*SIDE ROCK - CLOSE - FORWARD - HEEL SWITCHES - KICK - OUT - OUT\***

1-2&3 Step R to side , recover on L , R close beside L , L forward  
4&5 R heel forward , R close beside L , L heel forward  
&-6 L ball beside R , R forward  
7&8 L kick forward , Step L - R [ out ]

## **S3. \*KNEE POP - CLOSE - SIDE - BALL CROSS - SIDE - CROSS BEHIND - SIDE - CROSS SHUFFLE\***

1&2 Making R Knee bend [ in out in ] [weight on L]  
&3&4 L close beside R , R side , L ball beside R , R cross over L  
5-6& L side , R cross behind L , L side  
7&8 R cross over L , L side , R cross over L

## **S4. \*CROSS SHUFFLE 1/2 TURN L - SIDE MAMBO FORWARD - ROCK FORWARD - CHASSE 1/4 TURN L\***

1&2 Step L cross over R 1/2 turn to L [ 6.00 ] , R to side , L cross over R  
3&4 R to side , L in place , R forward  
5-6 L forward , recover on R  
7&8 L 1/4 turn to L to side , R close beside L , L side [ weight on L ] [ 3.00 ]

Dancing with Your Heart...♥

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