

# Calm Down

**COPPER** **KNOB**  
BY STEPHEN

Count: 32

Wand: 2

Ebene: Beginner

Choreograf/in: Sawina (INA) - January 2023

Musik: Calm Down - Rema



Intro. : 32 C

## Section 1: KICK BALL CROSS DIAGONAL - SIDE ROCK - WAVE

1&2 Kick R diagonal Forward, tap R beside L, cross L over R (01.30)  
3&4 Kick R diagonal Forward, tap R beside L, cross L over R (01.30)  
5 6 Step R to R side, recover on L  
7&8 Step R behind L, step L to L side, cross R over L

## Section 2: SIDE ROCK - WAVE - SIDE ROCK TURN 1/4 R - COASTER STEP

1 2 Step L to L side, recover on R  
3&4 Step L behind R, step R to side R, cross L over R  
5 6 Step R to R side, turn 1/4 R weight on L  
7&8 Step R back, step L together, step R forward

## Section 3: WALK 1/2 R WITH TOUCH - DIAGONAL TOUCH FORWARD R/L

1 2 Step L forward, turn 1/4 R step R forward  
3 4 Turn 1/4 R step L forward, touch R beside L 09.00  
5 6 Step R diagonal forward , touch L beside R  
7 8 Step L diagonal forward, touch R beside L

## Section 4: BACK WALK - PADLE 1/8 TWICE

1 2 Step R back, step L back  
3 4 Step R back, step L together weight on L  
5 6 Step R diagonal forward (10.30) turn 1/8 L, recover On L (09.00)  
7 8 Step R forward (09.00) turn 1/8 L, recover on L (06.00)

Contact : [sawina.imang.sastramihardja@gmail.com](mailto:sawina.imang.sastramihardja@gmail.com)

Last Update: 21 Jul 2024

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