

# Calm Down AB

**COPPER** **KNOB**  
BY STEPHANIE

Count: 32

Wand: 4

Ebene: Absolute Beginner

Choreograf/in: Annemaree Sleeth (AUS) - May 2023

Musik: Calm Down - Rema & Selena Gomez



**No Tags Or Restarts**

**Split Floor to Harder dances**

**Begin on 32 Count Intro**

## **S 1 (1– 32) FORWARD TOE STRUTS WITH HIP BUMPS**

- 1-2 Push Forward On Ball Of Right Foot, Drop Right Heel
- 3-4 Push Forward On Ball Of Left Foot, Drop Left Heel
- 5-6 Push Forward On Ball Of Foot Right Foot, Drop Right Heel
- 7-8 Push Forward On Ball Of Foot Left Foot

### **ADD BATCHATA HIPs FOR STYLE**

## **S 2 (9 – 16) ROCKING CHAIR, SIDE, BACK TOUCHES X 2**

- 1-2 Rock Right Forward, Recover Left
- 3-4 Rock Right Back, Recover Left
- 5-6 Step Right Side, Touch Left Toes Behind Right
- 7-8 Step Left Side, Touch Right Toes Behind Left

## **S 3 (17– 24 R VINE TOUCH/BRUSH, SIDE TOUCHES x 2**

- 1-2 Step Right Side, Cross Left Slightly Behind Right
- 3-4 Step Right Side, Touch Left Beside Right
- 5-6 Step Left Side, Touch Right Beside Left
- 7-8 Step Right Side, Touch Left Beside Right

## **S 4 (25 – 32) ¼ LVINE, TOUCH/BRUSH. FORWARD TOE TAPS**

- 1-2 Step Left Side Cross Left Slightly Behind Right
- 3-4 ¼ L Step Left Forward, Touch/Brush Right Beside Left ( 9.00)
- 5-6 Point Right Toe Forward, Step Right Beside Left
- 7-8 Point Left Toe Forward, Step Left Beside Right ( 9.00)

**Dance Finishes On First Step Of The Toe Strut**

**Begin Again**

**Watch The Video On Annemaree Sleeth Youtube**

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