

Calm Down

Count: 32

Wand: 2

Ebene: Beginner

Choreograf/in: Kelly Kaylin (CAN) - June 2023

Musik: Calm Down - Rema & Selena Gomez



Dance starts after 32 counts - NO Tags or Restarts

KNEE POPS, SIDE TOGETHER, CHASSEE

- 1-2 Step left toe slightly forward (1), Push left knee to left side dropping heel (2)
- 3-4 Step right toe slightly forward (3), Push right knee to right side dropping heel (4)
- 5-6 Step left to left side (5), slide right beside left (6)
- 7&8 Step left to left side (7), Step right beside left (&), Step left to left side (8)

ROCK RECOVER, STEP SIDE, HEEL DROP, WEAWE with ¼ TURN RIGHT

- 1-2 Rock right over left (1), Recover on left (2)
- 3-4 Step right toe to right side (3), Drop right heel (4)
- 5-6 Step left over right (5), Step right to right side (6)
- 7-8 Step left behind right (7), Step right to right side making a ¼ turn right (8)

SIDE ROCK CROSS, ROCK RECOVER, COASTER STEP

- 1-4 Rock left to left side (1), Recover on right (2), Cross left over right (3), Hold (4)
- 5-6 Rock forward on right (5), Recover on left (6)
- 7&8 Step back on right foot (7), step left next to right (&), step forward on right foot

KICK SWITCHES, JAZZ BOX ¼ TURN RIGHT

- 1&2 Kick left forward (1), Step down on left (&), Kick right foot forward (2)
- &3-4 Stepping down on right (&), Kick left foot forward twice (3-4)
- &5 Step down on left (&), Step right over left (5)
- 6 Step back on left making an 1/8 turn right (6)
- 7-8 Step right to right side making an 1/8 turn right (7), Touch left beside right (8)

REPEAT

Last Update: 21 Jun 2023
