

I'm Calm

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Jo Price (NZ) - July 2023

Musik: Calm Down - Rema



Intro: 16 counts - Start point: feet together weight on right foot

(1 – 8) Right point together, left point together, right shuffle, left shuffle

- 1, 2 Point R to right, close
- 3, 4 Point L to left, close
- 5&6 Step R fwd, Step L by R, Step R fwd.
- 7&8 Step L fwd, Step R by L, Step L fwd.

(9 – 16) Jazz Box Quarter turn right 2x Kick ball change

- 1, 2,3,4 Cross right over left, step left back right forward, turn ¼ right and step left together
- 5&6 Kick R forward, Step R next to L, Step L next to R
- 7&8 Kick R forward, Step R next to L, Step L next to R

(17 – 24) Right hip bumps left hip bumps, V step touch

- 1&2 Bump hips to right, left, right
- 3&4 Bump hips to left, right, left
- 5,6,7,8 Step R FWD out to R, Step L FWD out to L, Step R back in, Touch L beside R

(25 – 32) Left grape vine, right grape vine.

- 1 – 4 Step L to L, Step R behind L, Step L to L, Touch R beside L
- 5 – 8 Step R to R, Step L behind R, Step R to R, Close L beside R

Smile and start the dance again!

No tags, no restarts

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