

# You Need to Calm Down (Cha Cha)

## Beginner

**COPPER KNOB**  
STEPSHEETS

Count: 32

Wall: 2

Level: Basic Beginner

Choreographer: Annemaree Sleeth (AUS) - July 2019

Music: You Need To Calm Down - Taylor Swift : (Single)



**Intro 16 Counts - Start on vocal - No Tags Or Restarts!!!**

### **S 1 [1 -8] PRISSY WALKS , ROCKING CHAIR, PRISSY WALKS, CHA CHA FORWARD**

- 1-2 Walk Right Forward, Walk Left Forward, Crossing Over Slightly  
3&4& Rock Right Forward, Recover Left, Rock Right Back, Recover Left  
5-6 Walk Right Forward, Walk Left Forward, Crossing Over Slightly  
7&8 Step Right Forward, Step Left Together, Step Right Forward (Small Steps)

### **S 2 [9 -16] SWAY HIPS DIAG FORWARD, RECOVER, TRIPLE, TRIPLE, BACK, TOUCH**

- 1-2 Sway Hips Diag Left Forward , Sway Right Hips Back (wgt R)  
3&4 Step Left Back, Step Right Together, Step Left Back  
5&6 Step Right Back, Step Left Together, Step Right Back  
7- 8 Step Left Back , Touch Right Together,

**Styling Option: Use Your Hips On Triples , Move Your Arms With Your Body**

**Styling Option angle the back triple and look to the sides**

### **S 3 [17 – 24] SIDE, TOGETHER, CHA CHA SIDE, KNEE POP, SIDE, TOGETHER, CHA CHA, SIDE KNEE POP**

- 1- 2 Step Right Side , Step Left Together,  
3& Step Right Side, Step Left Together  
4& Step Right Side, Bend Left Knee Towards Floor & Punch Hands In The Air  
5-6 Step Left Side, Step Right Together  
7& Step Left Side, Step Right Together,  
8& Step Left Side, Bend Right Knee Towards Floor & Punch Hands In The Air

**Easier Option Touch On Knee Bends AND Drop The & Count**

### **S 4 [25-32] FORWARD, CROSS, ¼ L SIDE, REPEAT**

- 1- 2 Step Right Forward, Cross Left Over Right  
3-4 Turn 1/4 Left Step Right Back , Step Left Side 9.00  
5-6 Step Right Forward, Cross Left Over Right  
7-8 Turn 1/4 Left Step Right Back , Step Left Side 6.00

**Styling On The Oh Oh Ohs Wave Hands In The Air**

**Dance Ends On Count 25 Step Right Forward, Cross Left Over For Styling**

**Note There are dances with 48 counts and a restart after 40 counts on wall 2**

**I have written this for the newer dancer. So made it 32 Counts**

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