

# Calm Down

**COPPER** KNOB  
BY STEPHENETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Linah Lunardi (INA) - March 2023

Music: Calm Down - Rema & Selena Gomez



Intro : 32 Counts

Start dancing on the lyric "Baby" Start with weight on L foot

No Tags, No Restarts

## (1-8) WALK FORWARD 4X, SIDE MAMBO 2X.

1-4 Walk forward RLRL

5&6 Rock RF to R, Recover onto LF, Close RF next to F

7&8 Rock LF to L, Recover onto RF, Close LF next to RF

## (9-16) WALK BACK 4X, SIDE MAMBO 2X.

1-4 Walk back RLRL

5&6 Rock RF to R, Recover onto LF, Close RF next to LF

7&8 Rock LF to L, Recover onto RF, Close LF next to RF

## (17-24) CROSS POINT, SIDE POINT, BOTAFOGO. (2X)

12 Point RF cross over LF, Point RF to R

3&4 Cross RF over LF, Rock L ball to L, Recover onto RF

56 Point LF cross over RF, Point LF to L

7&8 Cross LF over RF, Rock R ball to R, Recover onto LF

## (25-32) JAZZBOX 1/4 TURN R, SWAYS 4X.

1-4 Cross RF over LF, Step LF back, Turn 1/4 R stepping RF to R, Step LF forward

5-8 Step RF to R and sway RLRL

Enjoy and happy dancing!

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