

# EZ Calm Down

**Count:** 32

**Wall:** 4

**Level:** Easy Beginner

**Choreographer:** Cheryl Levin (USA) - March 2023

**Music:** Calm Down - Rema : (amazon.com)



**Dance starts on vocals (after "Another banger" ) No tags or restarts**

## **(1-8) BASIC TO RIGHT, BASIC TO LEFT**

1, 2, 3, 4 R step to side, L step together, R step to side, L touch  
5, 6, 7, 8 L step to side, R step together, L step to side, R touch

## **(9-16) TWO 1/8 PIVOT TURNS TO THE LEFT, JAZZ BOX ¼ TURN TO RIGHT**

1, 2 Step on R foot, pivot 1/8 turn to the left  
3, 4 Step on R foot, pivot 1/8 turn to the left  
5, 6, 7, 8 Jazz Box turning ¼ to the right (R crosses over L, L step back, R step to side, L step together)

## **(17-24) TWO STEPS BACK, BACK COASTER (OR TRIPLE STEP), LEFT VINE**

1, 2 Step back on R foot, step back on L foot  
3&4 (Back Coaster) Step back on R foot, L step together, R step forward  
5, 6, 7, 8 (Vine) L step to side, R behind L, L to side, R touch

## **(25-32) SHUFFLE TO R FORWARD DIAGONAL, SHUFFLE TO L FORWARD DIAGONAL, JAZZ BOX**

1&2 Shuffle, R, L, R forward on the diagonal to R side  
3&4 Shuffle, L, R, L forward on the diagonal to L side  
5, 6, 7, 8, Jazz Box turning ¼ to the right (R crosses over L, L step back, R step to side, L step together)

**End of Dance. Sequence repeats on the next 3 walls.**

**This dance goes very well to " Drop Your Tailgate" by Chase McDaniel, which is a little slower.**

**Any questions? Email: [cplevin@gmail.com](mailto:cplevin@gmail.com)**

**Keep on dancing, everyone!**

**Last Update: 24 Mar 2023**

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