

# Calm Down

**COPPER** **KNOB**  
BY STEPHENETS

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Jean Tolibas (USA) - May 2023

**Music:** Calm Down - Rema & Selena Gomez



**No tags/ No restarts**

**Intro: Start after 16 counts**

## **Section 1: Walk, hitch**

- 1-4 Walk forward starting with R foot ( 3 steps) L hitch
- 5-8 Walk back starting with L foot (3 steps) R hitch

## **Section 2: R vine, Prissy walk with alternate shoulder shrugs**

- 1-4 Side step R, L behind, side step R, L foot cross over R
- 5 Recover with weight on the R
- 6 side step L
- 7 R foot cross over L
- 8 recover with weight on the L

## **Section 3: Prissy walk/ Jazz box**

- 1-2 Prissy walk starting with R foot ( 2 alternate shoulder shrugs starting with R shoulder)
- 3-4 L foot (2 alternate shoulder shrugs - L shoulder)
- 5 R cross over L
- 6 L step back  $\frac{1}{4}$  R turn facing 3:00
- 7 R step side
- 8 L cross over R

## **Section 4 : Side toe point with palms down sweep from shoulder to hip. Pivot**

- 1-2 Slide R foot to the side, then foot together ( Palms down sweep from R shoulder to R hip)
- 3-4 Slide L foot to the side, then feet together ( Palms down sweep from L shoulder to L hip)
- 5-6 Step R foot forward on ball and  $\frac{1}{4}$  pivot to the L
- 7-8 Step R foot forward on ball and  $\frac{1}{4}$  pivot to the L facing 9:00

**Repeat thru wall 11 , wall 12 ( 16 counts ) End on count 17.**

**Please watch the video: LineDance Break channel in youtube**

**Email: [Linedancebreak@gmail.com](mailto:Linedancebreak@gmail.com)**