

# I'm Calm

**COPPERKNOB**  
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Jo Price (NZ) - July 2023

Music: 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**

**Submitted by: Phoenix Adamson - Email: phoenix\_adamson09@hotmail.com**

---