

CaLMDoWN

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Andrico Yusran (INA) - November 2022

Musique: Calm Down (Dj Dark & Mentol Remix) - Rema



No Tag NO Restart

Start dance after intro lyrics 16 counts

S1. *ROCK SYNCOPATED - CROSS BEHIND - SIDE - FORWARD - CROSS TOUCH - SIDE TOUCH - CROSS SHUFFLE*

1&2& Step R cross over L , recover on L , R side , recover on L
3&4 R cross behind L , L to side , R forward
5-6 L cross over R , L side touch [weight on R]
7&8 L cross over R , R side , L cross over R

S2. *SIDE ROCK - CLOSE - FORWARD - HEEL SWITCHES - KICK - OUT - OUT*

1-2&3 Step R to side , recover on L , R close beside L , L forward
4&5 R heel forward , R close beside L , L heel forward
&-6 L ball beside R , R forward
7&8 L kick forward , Step L - R [out]

S3. *KNEE POP - CLOSE - SIDE - BALL CROSS - SIDE - CROSS BEHIND - SIDE - CROSS SHUFFLE*

1&2 Making R Knee bend [in out in] [weight on L]
&3&4 L close beside R , R side , L ball beside R , R cross over L
5-6& L side , R cross behind L , L side
7&8 R cross over L , L side , R cross over L

S4. *CROSS SHUFFLE 1/2 TURN L - SIDE MAMBO FORWARD - ROCK FORWARD - CHASSE 1/4 TURN L*

1&2 Step L cross over R 1/2 turn to L [6.00] , R to side , L cross over R
3&4 R to side , L in place , R forward
5-6 L forward , recover on R
7&8 L 1/4 turn to L to side , R close beside L , L side [weight on L] [3.00]

Dancing with Your Heart...♥

Contact : ricoyusran@yahoo.com