

# Calm Down

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

**Compte:** 32

**Mur:** 2

**Niveau:** Beginner

**Chorégraphe:** Sawina (INA) - January 2023

**Musique:** Calm Down - Rema



**Intro. : 32 C**

## **Section 1: KICK BALL CROSS DIAGONAL - SIDE ROCK - WAVE**

- 1&2 Kick R diagonal Forward, tap R beside L, cross L over R (01.30)
- 3&4 Kick R diagonal Forward, tap R beside L, cross L over R (01.30)
- 5 6 Step R to R side, recover on L
- 7&8 Step R behind L, step L to L side, cross R over L

## **Section 2: SIDE ROCK - WAVE - SIDE ROCK TURN 1/4 R - COASTER STEP**

- 1 2 Step L to L side, recover on R
- 3&4 Step L behind R, step R to side R, cross L over R
- 5 6 Step R to R side, turn 1/4 R weight on L
- 7&8 Step R back, step L together, step R forward

## **Section 3: WALK 1/2 R WITH TOUCH - DIAGONAL TOUCH FORWARD R/L**

- 1 2 Step L forward, turn 1/4 R step R forward
- 3 4 Turn 1/4 R step L forward, touch R beside L 09.00
- 5 6 Step R diagonal forward , touch L beside R
- 7 8 Step L diagonal forward, touch R beside L

## **Section 4: BACK WALK - PADLE 1/8 TWICE**

- 1 2 Step R back, step L back
- 3 4 Step R back, step L together weight on L
- 5 6 Step R diagonal forward (10.30) turn 1/8 L, recover On L (09.00)
- 7 8 Step R forward (09.00) turn 1/8 L, recover on L (06.00)

**Contact :** [sawina.imang.sastramihardja@gmail.com](mailto:sawina.imang.sastramihardja@gmail.com)

**Last Update:** 21 Jul 2024

---