

# Calm Down

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

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Linah Lunardi (INA) - March 2023

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



**Intro : 32 Counts**

**Start dancing on the lyric "Baby" Start with weight on L foot**

**No Tags, No Restarts**

**(1-8) WALK FORWARD 4X, SIDE MAMBO 2X.**

1-4 Walk forward RLRL

5&6 Rock RF to R, Recover onto LF, Close RF next to F

7&8 Rock LF to L, Recover onto RF, Close LF next to RF

**(9-16) WALK BACK 4X, SIDE MAMBO 2X.**

1-4 Walk back RLRL

5&6 Rock RF to R, Recover onto LF, Close RF next to LF

7&8 Rock LF to L, Recover onto RF, Close LF next to RF

**(17-24) CROSS POINT, SIDE POINT, BOTAFOGO. (2X)**

12 Point RF cross over LF, Point RF to R

3&4 Cross RF over LF, Rock L ball to L, Recover onto RF

56 Point LF cross over RF, Point LF to L

7&8 Cross LF over RF, Rock R ball to R, Recover onto LF

**(25-32) JAZZBOX 1/4 TURN R, SWAYS 4X.**

1-4 Cross RF over LF, Step LF back, Turn 1/4 R stepping RF to R, Step LF forward

5-8 Step RF to R and sway RLRL

**Enjoy and happy dancing!**

**CP : lunlinah@gmail.com**