

# Calm Down 3X

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Heru Tian (INA) - March 2023

Musique: Calm Down - Rema & Selena Gomez



No Tag, No Restart

Intro : 32 C

## Section 1 : R Fwd Touch – Hip Roll – Back & Touch (X2) – R Together – L Fwd Touch – Hip Roll – Back & Touch (X2)

- 1 2 Touch Rf fwd, make a clockwise hip roll to Right over 2 counts (1,2)  
&3&4 Step Rf back (&), Touch Lf fwd (3), Step Lf back (&), Touch Rf fwd (4)  
&5 6 Step Rf next to Lf (&), Touch Lf fwd, make a counter clockwise hip roll to Left over 2 counts (5,6)  
&7&8 Step Lf back (&), Touch Rf fwd (7), Step Rf back (&), Touch Lf fwd (8)

## Section 2 : L Together – R Samba Whisk – ¼ Turn R – L Samba Whisk – R Side – L Behind – R Side - L Cross Shuffle

- &1a2 Step Lf Next to Rf (&), Step Rf to R Side (1), Ball Lf Behind Rf (a), Step Rf in place (2)  
3a4 Make a ¼ Turn R, Facing 3.00, Step Lf to L Side (3), B Ball Rf behind Lf (a), Step Lf in place (4)  
5 6& Step Rf to R Side (5), Cross Lf Behind Rf (6), Step Rf to R Side (&)  
7&8 Cross Lf over Rf (7), Step Rf beside Lf (&), Cross Lf over Rf (8)

## Section 3 : R Mambo Touch – Full unwind turn R – L Side – Behind Side Cross – L Diagonal Fwd Touch – Hip and Bumps

- 1&2 Rock Rf to R Side (1), Recover on Lf (&), Touch Rf behind Lf (2)  
3 4 Change weight to Rf, unwind turn R (3), Step Lf to L Side (4)  
5&6 Cross Rf behind Lf (5), Step Lf to L Side (&), Cross Rf over Lf (6)  
7&8 Touch Lf To L Diagonal, push hip fwd (7), Return hip (&), Push hip fwd (8) facing 1.30

## Section 4 : LR Walk Back – L Coaster Step – R 1/8 Turn R Fwd – L ¼ Turn R Fwd – ¼ Turn R – R Botafogo – L Together

- 1 2 Walk Lf backward (1), Walk Rf backward (2)  
3&4 Step Lf back (3), Step Rf next to Lf (&). Step Lf fwd (4)  
5 6 1/8 Turn R, Step Rf fwd (5) facing 3.00, ¼ Turn R, Step Lf fwd (6) facing 6.00  
7a8& ¼ Turn R, Cross Rf over Lf (7), Ball Lf to L Side (a), Step Rf in place (8), Step Lf Next to Rf (&) facing 9.00

Start again... Happy dancing

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