

You Need to Calm Down (Cha Cha)

Beginner

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Basic Beginner
编舞者: Annemaree Sleeth (AUS) - July 2019
音乐: You Need To Calm Down - Taylor Swift : (Single)



Intro 16 Counts - Start on vocal - No Tags Or Restarts!!!

S 1 [1 -8] PRISSY WALKS , ROCKING CHAIR, PRISSY WALKS, CHA CHA FORWARD

1-2 Walk Right Forward, Walk Left Forward, Crossing Over Slightly
3&4& Rock Right Forward, Recover Left, Rock Right Back, Recover Left
5-6 Walk Right Forward, Walk Left Forward, Crossing Over Slightly
7&8 Step Right Forward, Step Left Together, Step Right Forward (Small Steps)

S 2 [9 -16] SWAY HIPS DIAG FORWARD, RECOVER, TRIPLE, TRIPLE, BACK, TOUCH

1-2 Sway Hips Diag Left Forward , Sway Right Hips Back (wgt R)
3&4 Step Left Back, Step Right Together, Step Left Back
5&6 Step Right Back, Step Left Together, Step Right Back
7- 8 Step Left Back , Touch Right Together,

Styling Option: Use Your Hips On Triples , Move Your Arms With Your Body

Styling Option angle the back triple and look to the sides

S 3 [17 – 24] SIDE, TOGETHER, CHA CHA SIDE, KNEE POP, SIDE, TOGETHER, CHA CHA, SIDE KNEE POP

1- 2 Step Right Side , Step Left Together,
3& Step Right Side, Step Left Together
4& Step Right Side, Bend Left Knee Towards Floor & Punch Hands In The Air
5-6 Step Left Side, Step Right Together
7& Step Left Side, Step Right Together,
8& Step Left Side, Bend Right Knee Towards Floor & Punch Hands In The Air

Easier Option Touch On Knee Bends AND Drop The & Count

S 4 [25-32] FORWARD, CROSS, ¼ L SIDE, REPEAT

1- 2 Step Right Forward, Cross Left Over Right
3-4 Turn 1/4 Left Step Right Back , Step Left Side 9.00
5-6 Step Right Forward, Cross Left Over Right
7-8 Turn 1/4 Left Step Right Back , Step Left Side 6.00

Styling On The Oh Oh Ohs Wave Hands In The Air

Dance Ends On Count 25 Step Right Forward, Cross Left Over For Styling

Note There are dances with 48 counts and a restart after 40 counts on wall 2

I have written this for the newer dancer. So made it 32 Counts

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