

Calm Down

拍数: 48 墙数: 2 级数: Low Advanced
编舞者: Jef Camps (BEL), Esmeralda van de Pol (NL) & Jo Kinser (UK) - June 2019
音乐: Calm Down - Sonny



Intro 16 counts

Section 1: Side Lunge, ¼ Turn Recover & Hitch, Full Turn, Sweep, Syncopated Jazz Box, 1/8 Rock Fwd, Recover, Walk Back, 1/8 Side, Cross, Side

1-2 Rf step side & bend knee while stretching L-leg, ¼ turn L & put weight on LF & hitch R 9:00
a3 ½ turn L & RF step back, ½ turn L & LF step forward while sweeping RF forward 9:00
4&a RF cross over LF, LF step back, RF step side
5-6-7 1/8 turn R & LF rock forward, recover on RF, LF step back 10:30
8&a 1/8 turn R & RF step side, LF cross over RF, RF step side 12:00

Section 2: Cross, Unwind Full Turn, Side Rock, ¼ Recover, Prissy Walk, ½ Back, ½ Fwd, Sweep, Cross, Scissor Step

1-2-3 LF cross over RF & make a full turn R on LF, RF rock side, ¼ turn L & put weight on LF 9:00
4-5-6 RF step forward, ½ turn R & LF step back, ½ turn R RF step forward & sweep LF forward 9:00
7-8&a LF cross over RF, RF step side, LF close next to RF, RF cross over LF

Section 3: Modified ½ NC Diamond, ¼ Lift, Syncopated Weave, Sweep, Behind-Side-Forward

1-2a LF big step side, 1/8 turn R & RF step back, LF step back 10:30
3-4a 1/8 turn R & RF big step side, 1/8 turn R & LF step forward, RF step forward 1:30
5 1/8 turn R & LF big step side & lift RF while starting to turn ¼ R on LF
6&a7 Finish turn & RF step side, LF cross over RF, RF step side, LF cross behind RF & sweep RF back 6:00
8&a RF cross behind LF, LF step side, RF step forward

Section 4: Rock Fwd, Recover/Drag, Back/Drag, Coaster Step, Step Fwd, ¾ Spiral, Side, 1/8 Fwd, ¼ Diamond Pattern

1-2-3 LF rock forward, recover on RF & drag L-heel to RF, LF step back & drag R- heel to LF
4&a RF step back, LF close next to RF, RF step forward
5-6-7 LF step forward & make ¾ spiral turn R, RF step side, 1/8 turn R & LF step forward 4:30
8&a RF step forward, 1/8 turn R & LF step side, 1/8 turn R & RF step back 7:30

Section 5: Point Back, ½ Reverse Pivot, Step Back/Drag, Coaster Step, Step Fwd, 1/8 Sway, Sway, Cross, Side

1 LF point back & throw both hands forward to chest level
2 Make ½ turn L (weight on RF) while crossing arms with hand palms on chest 1:30
3 LF step back & drop both hands down next to body while dragging RF towards LF
4&a RF step back, LF close next to RF, RF step forward
5-6-7 LF step forward, 1/8 turn L & RF step side & sway R, sway L 12:00
8a RF cross over LF, LF step side

Section 6: Behind/Sweep, Extended & Syncopated Weave, Cross Rock/Recover, Ball Cross, ¼ Back, Full Turn, ¼ Turn

1-2a RF cross behind LF & LF sweep backwards, LF cross behind RF, RF step side
3a4a LF cross over RF, RF step side, LF cross behind RF, RF step side
5-6a7 LF rock across RF, recover on RF, LF close on ball of foot next to RF, RF cross over LF
8&a ¼ turn R & LF step back, ½ turn R & RF step forward, ½ turn R & LF step back 3:00

& make an extra $\frac{1}{4}$ turn R on LF to get in your side lunge to start the next wall 6:00

EXTRA'S

Restart:

In wall 3 after 8 counts there is a step change before you restart the dance again - 12:00

You will have to dance up to count 8 before adding an unwind full turn on the 'a' count by crossing LF over RF & making a full turn R on your LF

Tag: After wall 5 add following steps before starting your next wall 12:00

1-2 RF step side & sway R, sway L (weight ends on LF)

Finish: In wall 6 dance up to count 6 of the 3rd section and add following steps to finish to 12:00 6:00

7a LF cross over RF, RF step side

8a LF cross behind RF, $\frac{1}{4}$ turn R & RF step fwd & sweep LF another $\frac{1}{4}$ R to the front - 12:00

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