

# Calm Down EZ

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Lynne Herman (USA) & David Herman (USA) - September 2019  
音乐: You Need To Calm Down - Taylor Swift : (Album: Lover - 2019 - 2:51)



**INTRO: 32 Counts**

**RESTARTS: One restart, after 16 counts on Wall #6**

**S1: MAMBO FORWARD, HOLD, MAMBO BACK, HOLD**

1234      Rock RF forward (1), recover weight to LF (2), step RF back (3), hold (4)

5678      Rock LF back (5), recover weight to RF (6), step LF forward (7), hold (8)

**S2: CHASSE RIGHT, CHASSE LEFT WITH ¼ TURN LEFT (9:00)**

1234      Step RF to right (1), step LF beside RF (2), step RF to right (3), touch LF beside RF (4)

567      Step LF to left (5), step RF beside LF (6), turn ¼ left stepping LF forward (7)

8      Step RF beside LF, prep for swivels (8) (9:00)

**\*\*\*MODIFICATION FOR RESTART, WALL #6: SCUFF AFTER CHASSE LEFT WITH ¼ TURN LEFT**

8      Scuff RF beside LF, then restart (8)

**S3: 3X SWIVEL RIGHT, CLAP, 3X SWIVEL LEFT, CLAP**

1234      Swivel heels right (1), swivel toes right (2), swivel heels right (3), clap & hold (4)

5678      Swivel heels left (5), swivel toes left (6), swivel heels left (7), clap & hold while shifting weight to LF (8)

**S4: 3X STEP BACK & TOUCH HEEL FORWARD, THEN STEP-SCUFF**

12      Step RF back (1), touch left heel forward (2)

34      Step LF back (3), touch right heel forward (4)

56      Step RF back (5), touch left heel forward (6)

78      Step LF forward (7), scuff RF forward (8)

**DANCE ENDING: Dance ends at the end of Wall #14, facing 6:00. If you like to finish on the front wall, a simple pivot ½ left works fine!**

**CONTACT: Lynne and David Herman, [linedance4life@gmail.com](mailto:linedance4life@gmail.com)**