

# Baby CALM DOWN

**COPPERKNOB**  
BY STEPHENETS

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: Danielle MODICA (FR) - July 2022  
音乐: Calm Down - Rema



Introduction : 32 counts

## [1-8] SIDE ROCK R, ¼ TURN L WITH SIDE ROCK 2X, SWAY R L

1-2                      Step RF to the R side (1), Recover weight on LF (2) 12:00  
3-4                      Make a ¼ turn to the L by putting RF to the R (3), Recover weight on LF (4) 9:00  
5-6                      Make a ¼ turn to the L by putting RF to the R (5), Recover weight on LF (6) 6:00  
7-8                      Sway R (7), Sway L (8) 6:00

## [9-16] TOUCH R FWD, STEP R, TOUCH L FWD, STEP L, ROCKING CHAIR R FWD

1-2                      Touch toe RF diagonally R forward (1)\*, Step RF diagonally R forward (2)\*  
3-4                      Touch toe LF diagonally L forward (3)\*, Step LF diagonally L forward (4)\*  
5-6                      Rock step RF forward (5), Recover weight on LF (6),  
7-8                      Rock step LF backward (7), Recover weight on LF (8)

\*Arms movement on counts 1-2-3-4 : both arms outstretched in front slightly apart, palms up. Do two beats down to up 2X.

## [17-24] SIDE ROCK R, ¼ TURN R WITH SIDE ROCK 2X, SWAY R L

1-2                      Step RF to the R side (1), Recover weight on LF (2) 6:00  
3-4                      Make a ¼ turn to the R by putting RF to the R (3), Recover weight on LF (4) 9:00  
5-6                      Make a ¼ turn to the R by putting RF to the R (5), Recover weight on LF (6), 12:00  
7-8                      Sway R (7), Sway L (8)

## [25-32] TOUCH R FWD, STEP R, TOUCH L FWD, STEP L, LITTLE STEP R FWD, TOGETHER, LITTLE STEP R ½ TURN R, TOGETHER

1-2                      Touch toe RF diagonally R forward (1)\*, Step RF diagonally R forward (2)\* 12 :00  
3-4                      Touch toe LF diagonally L forward (3)\*, Step LF diagonally L forward (4)\*  
5-6                      Little step RF forward, bending the knees slightly (5), Bring back LF next RF (6)  
7-8                      Make a ¼ turn to the R with a little step RF, bending the knees slightly (7), Bring back LF - F weight on LF (8) 3:00

\*Arms movment on counts 1-2-3-4 : both arms outstretched in front slightly apart, palms up. Do two beats down to up 2X.

Final to finish facing 12 o'clock :

On counts 7-8 section 4, replace ¼ turn with ½ turn to the Right

Enjoy ☐

Source : This file is the original. If you have any questions, don't hesitate to contact me :  
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