

# Calm Down

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Amy Christian (USA) - November 2022  
音乐: Calm Down - Rema



**Intro: 32 counts. Start on lyrics. (No Tags or Restarts).**

## **FORWARD MAMBO, BACK MAMBO, SWAY IN PLACE,**

1&2      Rock forward on R, Recover back on L, Step R next to L,  
3&4      Rock back on L, Recover forward on R, Step L next to R,  
5-8      Step in place R-L-R-L as you sway,

## **RIGHT SIDE MAMBO, LEFT SIDE MAMBO, 1/8 TURN WITH HIP ROLLS X 2,**

1&2      Rock out to right side, Recover on L, Step R next to L,  
3&4      Rock out to left side, Recover on R, Step L next to R,  
5-6      Step R diagonally forward 1/8 turn left, Recover on L, Roll hips CCW , [10:30]  
7-8      Step R diagonally forward 1/8 turn left, Recover on L, Roll hips CCW [9:00]

## **CHASSE, SWAY, SWAY, CHASSE, SWAY, SWAY,**

1&2      Step R to right side, Step L next to R, Step R to right side, (Side shuffle)  
3-4      Sway left, Sway right,  
5&6      Step L to left side, Step R next to L, Step L to left side, (Side shuffle),  
7-8      Sway right, Sway left,

## **1/8 FORWARD MAMBO, 1/8 FORWARD MAMBO, WALK WITH BOOTY SHAKE/SHIMMY,**

1&2      Turning 1/8 left Rock forward on R, Recover back on L, Step R next to L, [7:30]  
3&4      Turning 1/8 left, Rock forward on L, Recover back on R, Step L next to R, [6:00]  
5-8      Walk forward R-L-R-L with slightly bent knees, as you shake you booty or shimmy your  
          shoulders,

**\*(Optional steps for the last set of eight counts on counts 1&2, 3&4,**

1&2&      1/8 forward R out- L out, Step R back, Step L out,  
3&4&      1/8 forward R out- L out, Step R back, Step L out,)

**Start over!**

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