

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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