

Calm Down

拍数: 32 墙数: 4 级数: High Beginner
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音乐: Calm Down - Rema & Selena Gomez



Restarts:-

On wall 8 after 8 count

On wall 10 after 24 count

S.1 ROCK – RECOVER – BACK STEP – ROCK – RECOVER – SIDE MAMBO R-L

1 & 2 rock R forward, recover on L, step R back
3 & 4 rock L back, recover on R, step L forward
5 & 6 rock RF to right, recover onto Lf, close Rf next to Lf
7 & 8 rock LF to Left, recover onto RF, close LF next to RF

S.2 CHASSE – ¼ TURN LEFT – CHASSE – ¼ TURN LEFT – CHASSE – ¼ TURN LEFT – CHASSE

1 & 2 step R to side , close L beside R, step R to side
3 & 4 turn ¼ left step L to side, close R beside L, step L to side
5 & 6 turn ¼ right step R to side, close L beside R, step R to side
7 & 8 turn ¼ left step L to side, close R beside L, step L to side

S.3 CUMBIA – SAILOR STEP – HIP BUMP – ROCK – RECOVER – ¼ TURN LEFT

1 & 2 cross R behind L, step L in place, step R to side
3 & 4 turn ¼ left cross L behind R, step R to side, step L forward
5 & 6 touch R forward bump R hip fwd, bump L hip back, step RF in place
7 & 8 rock LF forward, recover onto RF, turn ¼ L step LF to side

S.4 OUT – OUT WITH FLICK, STEP BACK WITH SHIMMY

1 & 2 step RF to side , recover onto LF, step RF to side with flick
3 & 4 step LF to L, recover onto RF, step LF to side with flick
5,6,7,8 step RF back , step LF back, step RF back, close LF next to RF

Last Update - 18 Jan 2023