

Calm Down

拍数: 32 墙数: 2 级数: Phrased Improver
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音乐: Calm Down - Rema



No Tag, No Restart

Sequence: A,A,A,A, B,B,B,B, A,A,A,A, B,B,B,B, A,A,A,A, B,B

Part A: 16c

S.1# TOE STRUT R & L, MAMBO FORWARD, MAMBO BACK

1&2& Touch R toes forward – Drop R heel – Touch L toes forward – Drop L heel
3&4& Touch L toes forward – Drop L heel – Touch R toes forward – Drop R heel
5&6 Step R Forward – Step L in place – Step R Together
7&8 Step L Back – Step R in place – Step L Together

S.2# OUT, OUT, IN, PIVOT ¼ TURN LEFT, CLOSE

1&2 Step R Diagonal forward – Step L diagonal forward – Step R back to centre
3&4 Step L back – Step R Together – Step L forward
5&6&7&8 Step R forward – Turn ¼ Left & Recovered on L – Step R forward – Turn ¼ Left & Recovered on L – Step R forward – Turn ¼ Left & Recovered on L – Step R Close beside L

Part B: 16

S.1# CHASSE (R-L), FORWARD DIAGONAL SHUFFLE (R-L)

1&2& Step R Side to Right – Step L Together – Step R side to Right – Step L Together
3&4& Step L Side to Left – Step R Together – Step L side to Left – Step R Together
5&6& Step R forward Diagonal – Step L Together – Step R forward Diagonal – Step L Together
7&8& Step L forward Diagonal – Step R Together – Step L forward Diagonal – Step R Together

S.2# BACK DIAGONAL SHUFFLE (R-L), COASTER STEP, PIVOT ½ TURN

1&2& Step R Back Diagonal – Step L Together – Step R Back Diagonal – Step L Together
3&4& Step L Back Diagonal – Step R Together – Step L Back Diagonal – Step R Together
5&6 Step R back – Step L back Together – Step R forward
7&8 Step L forward – ½ Turn Right, recovered on R – Step L forward