

EZ Calm Down

拍数: 32 墙数: 4 级数: Easy Beginner
编舞者: Cheryl Levin (USA) - March 2023
音乐: Calm Down - Rema : (amazon.com)



Dance starts on vocals (after "Another banger") No tags or restarts

(1-8) BASIC TO RIGHT, BASIC TO LEFT

1, 2, 3, 4 R step to side, L step together, R step to side, L touch
5, 6, 7, 8 L step to side, R step together, L step to side, R touch

(9-16) TWO 1/8 PIVOT TURNS TO THE LEFT, JAZZ BOX 1/4 TURN TO RIGHT

1, 2 Step on R foot, pivot 1/8 turn to the left
3, 4 Step on R foot, pivot 1/8 turn to the left
5, 6, 7, 8 Jazz Box turning 1/4 to the right (R crosses over L, L step back, R step to side, L step together)

(17-24) TWO STEPS BACK, BACK COASTER (OR TRIPLE STEP), LEFT VINE

1, 2 Step back on R foot, step back on L foot
3&4 (Back Coaster) Step back on R foot, L step together, R step forward
5, 6, 7, 8 (Vine) L step to side, R behind L, L to side, R touch

(25-32) SHUFFLE TO R FORWARD DIAGONAL, SHUFFLE TO L FORWARD DIAGONAL, JAZZ BOX

1&2 Shuffle, R, L, R forward on the diagonal to R side
3&4 Shuffle, L, R, L forward on the diagonal to L side
5, 6, 7, 8, Jazz Box turning 1/4 to the right (R crosses over L, L step back, R step to side, L step together)

End of Dance. Sequence repeats on the next 3 walls.

This dance goes very well to " Drop Your Tailgate" by Chase McDaniel, which is a little slower.

Any questions? Email: cplevin@gmail.com
Keep on dancing, everyone!

Last Update: 24 Mar 2023