

# Calm Down

拍数: 32      墙数: 4      级数:  
编舞者: Corinne DELY (FR) - April 2023  
音乐: Calm Down - Rema & Selena Gomez



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## [1-8] SIDE STEP R , TOGETHER X2, CROSS ROCK R , SIDE ROCK R X2, SIDE STEP R

1-2            Side right step , Together  
3-4            Side right step , Together  
5&6&7&8      Rock forward Right over LF, Recover LF, Rock side RF, Recover on LF , Rock forward Right over LF, Recover LF, Side right step

## [9-16] STEP x TURN ¼ R x2, JAZZ BOX

1-2-3-4        Step forward LF , ¼ turn right, Weight transfert RF X2 6 :00  
5-8            Cross LF over RF, Step back RF, Step side LF, Touch RF beside LF

## [17-24] SIDE STEP R . POINT L ,SIDE STEP L , POINT R, TRIPLE STEP R , ¼ TURN L , STEP FORWARD L TOGETHER

1-2            Side step RF, Point LF over RF  
3-4            Side step LF, Point RF over LF  
5&6            Side step RF ,LF beside RF ,Side step RF  
7-8            ¼ turn left , Step forward LF,RF beside LF 3 :00

## [25-32] ROCKING CHAIR L, GALOP L1/2 TURN L

1-4            Rock forward LF, Recover on RF, Rock back LF, Recover RF  
5&6&7&8      Step forward LF, RF beside LF, Step forward LF, RF beside LF, Step forward LF, RF beside LF on curve ½ Turn left , step forward LF 9 :00

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