

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



[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
