

# Calm Down

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Jean Tolibas (USA) - May 2023  
音乐: Calm Down - Rema & Selena Gomez



No tags/ No restarts

Intro: Start after 16 counts

## Section 1: Walk, hitch

1-4            Walk forward starting with R foot ( 3 steps) L hitch  
5-8            Walk back starting with L foot (3 steps) R hitch

## Section 2: R vine, Prissy walk with alternate shoulder shrugs

1-4            Side step R, L behind, side step R, L foot cross over R  
5              Recover with weight on the R  
6              side step L  
7              R foot cross over L  
8              recover with weight on the L

## Section 3: Prissy walk/ Jazz box

1-2            Prissy walk starting with R foot ( 2 alternate shoulder shrugs starting with R shoulder)  
3-4            L foot (2 alternate shoulder shrugs - L shoulder)  
5              R cross over L  
6              L step back ¼ R turn facing 3:00  
7              R step side  
8              L cross over R

## Section 4 : Side toe point with palms down sweep from shoulder to hip. Pivot

1-2            Slide R foot to the side, then foot together ( Palms down sweep from R shoulder to R hip)  
3-4            Slide L foot to the side, then feet together ( Palms down sweep from L shoulder to L hip)  
5-6            Step R foot forward on ball and ¼ pivot to the L  
7-8            Step R foot forward on ball and ¼ pivot to the L facing 9:00

Repeat thru wall 11 , wall 12 ( 16 counts ) End on count 17.

Please watch the video: LineDance Break channel in youtube

Email: [Linedancebreak@gmail.com](mailto:Linedancebreak@gmail.com)