

# 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  $\frac{1}{4}$  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  $\frac{1}{4}$  pivot to the L
- 7-8      Step R foot forward on ball and  $\frac{1}{4}$  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)