

Calm Down

COPPER **KNOB**
BY STEPHENETS

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