

# Calm Down

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Kelly Kaylin (CAN) - June 2023  
音乐: Calm Down - Rema & Selena Gomez



Dance starts after 32 counts - NO Tags or Restarts

## KNEE POPS, SIDE TOGETHER, CHASSEE

1-2            Step left toe slightly forward (1), Push left knee to left side dropping heel (2)  
3-4            Step right toe slightly forward (3), Push right knee to right side dropping heel (4)  
5-6            Step left to left side (5), slide right beside left (6)  
7&8            Step left to left side (7), Step right beside left (&), Step left to left side (8)

## ROCK RECOVER, STEP SIDE, HEEL DROP, WEAVE with ¼ TURN RIGHT

1-2            Rock right over left (1), Recover on left (2)  
3-4            Step right toe to right side (3), Drop right heel (4)  
5-6            Step left over right (5), Step right to right side (6)  
7-8            Step left behind right (7), Step right to right side making a ¼ turn right (8)

## SIDE ROCK CROSS, ROCK RECOVER, COASTER STEP

1-4            Rock left to left side (1), Recover on right (2), Cross left over right (3), Hold (4)  
5-6            Rock forward on right (5), Recover on left (6)  
7&8            Step back on right foot (7), step left next to right (&), step forward on right foot

## KICK SWITCHES, JAZZ BOX ¼ TURN RIGHT

1&2            Kick left forward (1), Step down on left (&), Kick right foot forward (2)  
&3-4            Stepping down on right (&), Kick left foot forward twice (3-4)  
&5            Step down on left (&), Step right over left (5)  
6            Step back on left making an 1/8 turn right (6)  
7-8            Step right to right side making an 1/8 turn right (7), Touch left beside right (8)

## REPEAT

Last Update: 21 Jun 2023

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