

Baby, Calm Down

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: MeiKo (INA) - July 2023
音乐: Calm Down - DJ Goja & Magic Phase



S1. FWD ROCK ~ ANCHOR STEP ~ BOTAFOGO

1-2 R fwd, recover on L
3&4 R behind L (weight on RF), L in place (weight on LF), switch weight on RF
5&6 L behind RF (weight on LF), R in place (weight on RF), switch weight on LF
7&8 R cross over L, L to side, recover on R

S2. CROSS SHUFFLE ~ FWD ROCK ~ COASTER STEP

1&2 L cross over R, R to side, L cross over R
3&4 R to side turn 1/2 to R, L to side, R cross over L (fc 06)
5-6 L fwd, recover on R
7&8 L step back, R together, L fwd

S3. PIVOT 1/2 ~ PIVOT 1/4 ~ JAZZBOX

1-2 R fwd, R turn 1/2 to L (fc 12)
3-4 R fwd, R turn 1/4 to L (fc 09)
5-8 R cross over L, L back, R to side, L fwd

S4. FWD ROCK ~ BACK SHUFFLE ~ BACK ROCK ~ SHUFFLE

1-2 R fwd, recover on L
3&4 R step back, L together, R back
5-6 L step back, recover on R
7&8 L fwd, R together, L fwd

Last Update: 18 Jul 2023