

Calm Everything Down

拍数: 48 墙数: 4 级数: Advanced Beginner
编舞者: Karen McMillan Clark (USA) - September 2023
音乐: Sweet Home Chicago - Steve Miller Band
或: Calm Down - Rema & Selena Gomez
或: Everything I Love - Morgan Wallen



No TAG. No RESTARTS.

#16 Count Into. Dance starts on lyrics "Come on". Start with Weight on L

S1 (1-8) RHUMBA BOX (aka RUMBA BOX)

1,2 - Side together; Step R to R side. Step L beside R.
3&4 - Forward shuffle, (step-together-step) RLR
5,6, Side together; Step L to L side. Step R beside L.
7&8 - Backward shuffle, (step-together-step) LRL (12:00)

S2 (9-16) (Modified) JAZZ BOX ¼ Turn, (Modified)JAZZ BOX

1-4 Step Forward R, Cross L in front of R begin turning ¼ over L shoulder, complete ¼ turn by Stepping R back (face 9:00), Step L Beside R (still facing 9:00)
5-8 Step Forward R, Cross L in front of R, Step back R, Step L Beside R.(9:00)

S3 (17-24) WEAVE & SWOOP (aka Sweep) Side Together, ¼ Turn Shuffle, ¼ Pivot L, Forward Shuffle

1-4 Step Forward R, Cross L in front of R, Step R to R side, Cross L behind R
5 Swoop/Sweep R in an airborne circular arc, rotating to the R and behind L
6 Cross R behind L
7-8 Step L to L side. Step R beside L. (Definitely put weight of R) (9:00)

S4 (25-32) PONY UP, PONY BACK, WALK, WALK, WALK & TURN ½ (3:00)

1 & 2 Pony forward LRL
3 & 4 Pony backward RLR
5, 6, 7 Walk forward Stepping LRL.
& 8 R Pivot ½ over L shoulder. Step L forward (3:00)

S5 (33-40) WALK, WALK, WALK, POINT AND; CROSS SAMBA L, CROSS SAMBA R

1, 2, 3 Walk forward Stepping RLR.
& 4 Point L to L side. Slight (bent knee) Lunge Step on R
5&6, 7&8 Cross Sambas (Cross L over R, Step R out to R side, Step L in place. Cross R over L, Step L out to L side, Step R in place.) (3:00)

S6 (41-48) R WEAVE, POINT. L SHORT WEAVE, ½ TURN, CROSS (9:00)

1, 2, 3, 4 Weave (Cross L in front of R. Step R to R side. Cross L behind R. Point R to R side.
5, 6 Short Weave (Cross R in front of L. Step L to L side.
7, 8 Turn ½ (over R shoulder) Step R. Cross L in front to R (9:00)

REPEAT

Facebook: Retirees AtPlay

YouTube: Retirees atPlay