

# Calm Down Remix

**COPPER** KNOB  
STEP SHEETS

拍数: 32      墙数: 4      级数: Beginner  
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音乐: CALM DOWN REMIX | ZUMBA | DANCE | WORKOUT | ZIN ASTRY



## TAG (4C) After Wall 4 - V STEP

1234      Step RF diagonal R fwd, Step LF diagonal L fwd, Step RF back to centre, Step LF next to RF

## S1. TOE STRUT R/L, MODIFIED ROCKING CHAIR WITH KICK FORWARD

1234.      Touch R toe fwd, drop heel in place, Touch L toe fwd, Drop heel in place

5678      Rock RF fwd. Recover onto LF, Rock RF bwd, Kick LF fwd

## S2. COASTER STEP - KICK, CROSS - SIDE TOUCH R/L

123.      Step back on RF, Step LF next to RF, Step RF fwd

4.      Kick LF fwd

5678.      Cross RF over LF, Touch L toe to L, Cross LF over RF, Touch R toe to R

## S3. TURN ¼R. JAZZ BOX, RIGHT GRAPEVINE

1234.      Cross RF over LF, Turn ¼R. Step back on LF, Step RF to R, Step LF fwd

## S4. TURN ¼R. JAZZ BOX ( 2X)

1234.      Cross RF over LF, Turn ¼R. Step back on LF, Step RF to R, Step LF fwd

5678.      Cross RF over LF, Turn ¼R. Step back on LF, Step RF to R,

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