

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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