

# The Calmness (고요히도)

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 1      级数: Beginner  
编舞者: Irene Lee hwa (KOR) - October 2024  
音乐: Quietly (고요히도) - Jang Yoon Jeong (장윤정)



Start on vocal @ 15 sec. Dance begins with weight on L  
No tag & 01 Restart after 08 counts on wall 04 @ 01:28

## SECTION 1. KICK STEP TOUCH\*2, SAILOR STEP\*2

1&2      Kick RF forward, Step RF beside LF, Touch LF to L  
3&4      Kick LF forward, Step LF beside RF, Touch RF to R  
5&6      Cross RF behind LF, Step LF next to L, Step RF to R  
7&8      Cross LF behind RF, Step RF next to R, Step LF to L

## Section 2 : SwivelX2, Diagonal Shuffle, SwivelX2, Diagonal Shuffle

1 2      Swivel RF to R, Swivel LF to L ,  
3&4      Step RF to R diagonal fwd, Step LF behind RF, Step RF fwd  
5 6      Swivel LF to L, Swivel RF to R,  
7&8      Step LF to L diagonal back, Step RF next to LF, Step LF back

## Section 3: Rock Recover, Weave, Side Rock recover, Weave

1 2      Rock RF to R diagonal, LF in place,  
3&4      Step RF behind LF, Step LF next to RF, Step RF across LF  
5 6      Rock L to L Side, Recover on R  
7&8      Step LF Behind R, Step RF next to LF, Cross LF Over RF

## Section 4 : R Charleston Step, 1/4, 1/4, 1/4 Paddle Turn

1 2      Touch RF fwd, Step RF back  
3 4      Touch LF back, Step LF fwd  
5 6      Making a 1/4 turn left, Step RF out to R Side, Making a 1/4 turn left, Step RF out to R side  
7 8      Making a 1/4 turn left, Step RF out to R side, Step RF next to LF

Ending: Dance up-to section 02 and then big step to R(Arm down to the left) with a faint, wistful facial expression. ( Arm down to the left)