

# Calm And Collected

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Gaye Teather (UK) - May 2014  
音乐: Calm After the Storm - The Common Linnets : (iTunes)



## 8 count intro - Dance rotates in CCW direction

### Step. Pivot half turn Right. Shuffle. Spiral full turn Right. Shuffle

1 – 2      Step forward on Right. Pivot half turn Left  
3&4      Step forward on Right. Step Left beside Right. Step forward on Right  
5 – 6      Step forward on Left. Keeping weight on Left spiral full turn Right hooking Right in front of Left (6 o'clock)

### Non-turning option for counts 5-6: Step forward on Left. Hold for one beat

7&8      Step forward on Right. Step Left beside Right. Step forward on Right

### Forward rock. Walk back x 2. Back rock. Half turn Right. Quarter turn Right

1 – 2      Rock forward on Left. Recover onto Right  
3 – 4      Walk back Left. Right  
5 – 6      Rock back on Left. Recover onto Right  
7 – 8      Half turn Right stepping back on Left. Quarter turn Right stepping Right to Right side (3 o'clock)

### Weave Right. Cross rock. Chasse Left

1 – 4      Cross Left over Right. Step Right to Right side. Cross Left behind Right. Step Right to Right side  
5 – 6      Cross rock Left over Right. Recover onto Right  
7&8      Step Left to Left side. Step Right beside Left. Step Left to Left side

### Cross. Quarter turn Right with sweep. Cross. Sweep. Diagonal Rocking chair

1 – 2      Cross Right over Left. Quarter turn Right on ball of Right sweeping Left from back to front (6 o'clock)  
3 – 4      Cross Left over Right. Sweep Right from back to front  
5 – 8      Facing Left diagonal rock forward on Right. Recover onto Left. Rock back on Right. Recover onto Left

### Jazz box cross. Side. Behind. Chasse Right

1 – 2      Cross Right over Left. Step back on Left (straightening up to 6 o'clock)  
3 – 4      Step Right to Right side. Cross Left over Right  
5 – 6      Step Right to Right side. Cross Left behind Right  
7&8      Step Right to Right side. Step Left beside Right. Step Right to Right side

### Cross rock. Chasse Left. Cross. Unwind full turn Left. Coaster step

1 – 2      Cross rock Left over Right. Recover onto Right  
3&4      Step Left to Left side. Step Right beside Left. Step Left to Left side  
5 – 6      Cross Right over Left. Unwind a full turn Left (weight remains on Right)

### Non-turning option for counts 5 – 6: Step forward on Right. Tap Left behind Right

7&8      Step back on Left. Step Right beside Left. Step forward on Left

### Dorothy steps x 3. Side Left. Drag

1 – 2&      Step Right diagonally forward Right. Lock Left behind Right. Step Right beside Left  
3 – 4&      Step Left diagonally forward Left. Lock Right behind Left. Step Left beside Right  
5 – 6&      Step Right diagonally forward Right. Lock Left behind Right. Step Right beside Left  
7 – 8      Long step to Left side on Left. Drag Right towards Left (weight remains on Left)

**Easy option: Dorothy steps can be replaced with 3 diagonal step touches**

**Back. Back. Touch. Quarter turn Right. Back rock. Walk. Walk**

1 – 2            Walk back Right. Left

3 – 4            Touch Right beside Left. Pivot quarter turn Right on ball of Left (keeping weight on Left) (9 o'clock)

5 – 6            Rock back on Right. Recover onto Left

7 – 8            Walk forward Right. Left

**Start again**

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