

# Just Calm Down

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Georgie Mygrant (USA) - September 2022  
音樂: Calm Down - Rema & Selena Gomez



Intro: 32 Counts

## Mambo R/L 2x's

1-8      Step R to R side, step on L to center, Step on R, Step L to L side, step on R to center, Step on L, Repeat one more time.

## Slide R side, Mambo R, Slide L, Mambo L

1-4      Step R to R side, step L to R, Step R to R side, return L to center, Step on R to L

5-8      Step L to L side, step R to L, Step L to L side, return R to center, Step on L to R

## Step R Fwd. Mambo R, Step L Fwd. Mambo L

1-4      Step R fwd. L fwd. Step R to R side, return L to center, Step on R

5-8      Step L fwd. R fwd. Step L to L side, return R to center, Step on L

## Step R Back, Mambo R, Step L Back Mambo L, Turning ¼ L

1-4      Step R back, Step L back, Step L to L side, return R to center, Step on R

5-8      Step L back. Step R back turning ¼ L, Step L to L side, return R to center, Step on L.

If you want to make it a 2 wall dance, just do a ½ turn instead of the ¼. That's it! Love this song. Hope you like it and the routine. Please let me know if you do by voting for it. Do not alter routine without my permission. Thank you, Georgie mygeo@adamswells.com or mygrantg@gmail.com