

# Calm Down

拍數: 32      牆數: 2      級數: Improver  
編舞者: Jean-Pierre Madge (CH) - November 2022  
音樂: Calm Down - Rema



## R Heel, Hip bump, L Heel, Hip bump, Ball walk walk, Point and Hitch

1&2      R heel to R diagonal (1), Bump hip to R diagonal (&), Bump hip back (2)  
&3&4      R next L (&), L heel to L diagonal (3), Bump hip to L diagonal (&), Bump hip back (4)  
&5-6      L next R (&), Step R forward (5), Step L forward (6)  
7&&8      Point R to R (7), R next L (&), Hitch L (8), Step L next R (&) 12:00

## Stomp, Bounces 1/4L, Side, Behind Side Cross and Cross 1/4 L

1-2-3-4      Stomp R forward (1), Bounce heels doing 1/4 L (2-3-4) weight on L 9:00  
5-6&7      Step R to R (5), Cross L behind R (6), 1/8 L Step R to R (&), 1/8L Cross L over R (7)  
&8      Step R to R (&), Cross L over R (8) 6:00

## Dorothy Steps R,L , Rock, Recover, Shuffle 1/2 R

1-2&      Step R to R diagonal (1), Step L behind R (2), Step R to R (&)  
3-4&      Step L to L diagonal (3), Step R behind L (4), Step L to L (&)  
5-6      Rock R forward (5), Recover (6)  
7&8      1/4R step R to R (7), Step L next R (&), 1/4R Step R forward (8) 12:00

## Step, 1/4R, Cross Shuffle, Circles Jumps 1/4R

1-2      Step L forward (1), 1/4R Step R to R (2), 3:00  
3&4      Cross L over R (3), Step R to R (&), Cross L over R (4)  
&5&6      Step R to R diagonal forward (&) Step L next R (5), Step R to L diagonal forward (&), Step L next R (6)  
&7&8      1/4R Step R to R diagonal back (&), Step L next R (7), Step R to R diagonal forward (&), Step L next R (8) 6:00

## Tag - 32 counts

Tag happen after wall 1 (facing 6'), after wall 4 (facing 12'), after wall 7 (facing 6')

## Side, Together x4, Point R & Hitch R, Point L and Hitch L and

1&2&      Step R to R (1), Step L next R (&), Step R to R (2), Step L next R (&)  
3&4&      Step R to R (3), Step L next R (&), Step R to R (4), Step L next R (&)

## Option : While travelling to the R, go lower and lower by bending your knees

5&6&      Point R to R (5), R next L (&), Hitch R (6), Step R next L (&)

## Option : As your knees are bent, point to the sides while staying this position but go up when you hitch

7&8&      Point L to L (7), L next R (&), Hitch L (8), Step L next R (&)

## Option : As your knees are bent, point to the sides while staying this position but go up when you hitch

## Step, Touch x4, Step 1/2L, Walk Walk

1&2&      Step R to R diagonal (1), Touch L next R (&), Step L to L diagonal (2), Touch R next L (&)  
3&4&      Step R to R diagonal (3), Touch L next R (&), Step L to L diagonal (4), Touch R next L (&)

## Option : Open your knees while stepping forward and close them when you bring the foot next to the other

5-6      Step R forward (5), 1/2L Step L forward (6),  
7-8      Walk R, L (7,8)

\*\* Repeat the first 16 counts to complete the 32c Tag.

Smile and Start the dance again !

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