

# Calm Down

拍數: 32      牆數: 4      級數: High Beginner  
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音樂: Calm Down - Rema & Selena Gomez



## Restarts:-

On wall 8 after 8 count

On wall 10 after 24 count

### S.1 ROCK – RECOVER – BACK STEP – ROCK – RECOVER – SIDE MAMBO R-L

1 & 2      rock R forward, recover on L, step R back  
3 & 4      rock L back, recover on R, step L forward  
5 & 6      rock RF to right, recover onto Lf, close Rf next to Lf  
7 & 8      rock LF to Left, recover onto RF, close LF next to RF

### S.2 CHASSE – ¼ TURN LEFT – CHASSE – ¼ TURN LEFT – CHASSE – ¼ TURN LEFT – CHASSE

1 & 2      step R to side , close L beside R, step R to side  
3 & 4      turn ¼ left step L to side, close R beside L, step L to side  
5 & 6      turn ¼ right step R to side, close L beside R, step R to side  
7 & 8      turn ¼ left step L to side, close R beside L, step L to side

### S.3 CUMBIA – SAILOR STEP – HIP BUMP – ROCK – RECOVER – ¼ TURN LEFT

1 & 2      cross R behind L, step L in place, step R to side  
3 & 4      turn ¼ left cross L behind R, step R to side, step L forward  
5 & 6      touch R forward bump R hip fwd, bump L hip back, step RF in place  
7 & 8      rock LF forward, recover onto RF, turn ¼ L step LF to side

### S.4 OUT – OUT WITH FLICK, STEP BACK WITH SHIMMY

1 & 2      step RF to side , recover onto LF, step RF to side with flick  
3 & 4      step LF to L, recover onto RF, step LF to side with flick  
5,6,7,8      step RF back , step LF back, step RF back, close LF next to RF

Last Update - 18 Jan 2023