

# Calm Down

**COPPER KNOB**  
BY STEPHEN T. C.

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Sawina (INA) - January 2023  
音樂: Calm Down - Rema



Intro. : 32 C

## Section 1: KICK BALL CROSS DIAGONAL - SIDE ROCK - WAVE

1&2      Kick R diagonal Forward, tap R beside L, cross L over R (01.30)  
3&4      Kick R diagonal Forward, tap R beside L, cross L over R (01.30)  
5 6      Step R to R side, recover on L  
7&8      Step R behind L, step L to L side, cross R over L

## Section 2: SIDE ROCK - WAVE - SIDE ROCK TURN 1/4 R - COASTER STEP

1 2      Step L to L side, recover on R  
3&4      Step L behind R, step R to side R, cross L over R  
5 6      Step R to R side, turn 1/4 R weight on L  
7&8      Step R back, step L together, step R forward

## Section 3: WALK 1/2 R WITH TOUCH - DIAGONAL TOUCH FORWARD R/L

1 2      Step L forward, turn 1/4 R step R forward  
3 4      Turn 1/4 R step L forward, touch R beside L 09.00  
5 6      Step R diagonal forward , touch L beside R  
7 8      Step L diagonal forward, touch R beside L

## Section 4: BACK WALK - PADLE 1/8 TWICE

1 2      Step R back, step L back  
3 4      Step R back, step L together weight on L  
5 6      Step R diagonal forward (10.30) turn 1/8 L, recover On L (09.00)  
7 8      Step R forward (09.00) turn 1/8 L, recover on L (06.00)

Contact : [sawina.imang.sastramihardja@gmail.com](mailto:sawina.imang.sastramihardja@gmail.com)

Last Update: 21 Jul 2024

---