

# Calm Down

**COPPER** KNOB  
BY STEPHEN T. S.

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Linah Lunardi (INA) - March 2023  
音樂: Calm Down - Rema & Selena Gomez



Intro : 32 Counts

Start dancing on the lyric "Baby" Start with weight on L foot

No Tags, No Restarts

**(1-8) WALK FORWARD 4X, SIDE MAMBO 2X.**

1-4            Walk forward RLRL  
5&6           Rock RF to R, Recover onto LF, Close RF next to F  
7&8           Rock LF to L, Recover onto RF, Close LF next to RF

**(9-16) WALK BACK 4X, SIDE MAMBO 2X.**

1-4            Walk back RLRL  
5&6           Rock RF to R, Recover onto LF, Close RF next to LF  
7&8           Rock LF to L, Recover onto RF, Close LF next to RF

**(17-24) CROSS POINT, SIDE POINT, BOTAFOGO. (2X)**

12            Point RF cross over LF, Point RF to R  
3&4           Cross RF over LF, Rock L ball to L, Recover onto RF  
56            Point LF cross over RF, Point LF to L  
7&8           Cross LF over RF, Rock R ball to R, Recover onto LF

**(25-32) JAZZBOX 1/4 TURN R, SWAYS 4X.**

1-4            Cross RF over LF, Step LF back, Turn 1/4 R stepping RF to R, Step LF forward  
5-8            Step RF to R and sway RLRL

Enjoy and happy dancing!

CP : lunlinah@gmail.com