

# Calm Down AB

**COPPER** **KNOB**  
BY STEPHANIE

拍數: 32      牆數: 4      級數: Absolute Beginner  
編舞者: Annemaree Sleeth (AUS) - May 2023  
音樂: Calm Down - Rema & Selena Gomez



No Tags Or Restarts

Split Floor to Harder dances

Begin on 32 Count Intro

## S 1 (1– 32) FORWARD TOE STRUTS WITH HIP BUMPS

- 1-2            Push Forward On Ball Of Right Foot, Drop Right Heel
- 3-4            Push Forward On Ball Of Left Foot, Drop Left Heel
- 5-6            Push Forward On Ball Of Foot Right Foot, Drop Right Heel
- 7-8            Push Forward On Ball Of Foot Left Foot

### ADD BATCHATA HIPs FOR STYLE

## S 2 (9 – 16) ROCKING CHAIR, SIDE, BACK TOUCHES X 2

- 1-2            Rock Right Forward, Recover Left
- 3-4            Rock Right Back, Recover Left
- 5-6            Step Right Side, Touch Left Toes Behind Right
- 7-8            Step Left Side, Touch Right Toes Behind Left

## S 3 (17– 24 R VINE TOUCH/BRUSH, SIDE TOUCHES x 2

- 1-2            Step Right Side, Cross Left Slightly Behind Right
- 3-4            Step Right Side, Touch Left Beside Right
- 5-6            Step Left Side, Touch Right Beside Left
- 7-8            Step Right Side, Touch Left Beside Right

## S 4 (25 – 32) ¼ LVINE, TOUCH/BRUSH. FORWARD TOE TAPS

- 1-2            Step Left Side Cross Left Slightly Behind Right
- 3-4            ¼ L Step Left Forward, Touch/Brush Right Beside Left ( 9.00)
- 5-6            Point Right Toe Forward, Step Right Beside Left
- 7-8            Point Left Toe Forward, Step Left Beside Right ( 9.00)

Dance Finishes On First Step Of The Toe Strut

Begin Again

Watch The Video On Annemaree Sleeth Youtube  
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