

# I'm Calm

COPPERKNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Jo Price (NZ) - July 2023  
音樂: Calm Down - Rema



**Intro: 16 counts - Start point: feet together weight on right foot**

**(1 – 8) Right point together, left point together, right shuffle, left shuffle**

1, 2      Point R to right, close  
3, 4      Point L to left, close  
5&6      Step R fwd, Step L by R, Step R fwd.  
7&8      Step L fwd, Step R by L, Step L fwd.

**(9 – 16) Jazz Box Quarter turn right 2x Kick ball change**

1, 2,3,4      Cross right over left, step left back right forward, turn ¼ right and step left together  
5&6      Kick R forward, Step R next to L, Step L next to R  
7&8      Kick R forward, Step R next to L, Step L next to R

**(17 – 24) Right hip bumps left hip bumps, V step touch**

1&2      Bump hips to right, left, right  
3&4      Bump hips to left, right, left  
5,6,7,8      Step R FWD out to R, Step L FWD out to L, Step R back in, Touch L beside R

**(25 – 32) Left grape vine, right grape vine.**

1 – 4      Step L to L, Step R behind L, Step L to L, Touch R beside L  
5 – 8      Step R to R, Step L behind R, Step R to R, Close L beside R

**Smile and start the dance again!**

**No tags, no restarts**

**Submitted by: Phoenix Adamson - Email: phoenix\_adamson09@hotmail.com**