

# Just Calm Down

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Georgie Mygrant (USA) - September 2022

Musik: Calm Down - Rema & Selena Gomez



**Intro: 32 Counts**

**Mambo R/L 2x's**

1-8 Step R to R side, step on L to center, Step on R, Step L to L side, step on R to center, Step on L, Repeat one more time.

**Slide R side, Mambo R, Slide L, Mambo L**

1-4 Step R to R side, step L to R, Step R to R side, return L to center, Step on R to L

5-8 Step L to L side, step R to L, Step L to L side, return R to center, Step on L to R

**Step R Fwd. Mambo R, Step L Fwd. Mambo L**

1-4 Step R fwd. L fwd. Step R to R side, return L to center, Step on R

5-8 Step L fwd. R fwd. Step L to L side, return R to center, Step on L

**Step R Back, Mambo R, Step L Back Mambo L, Turning ¼ L**

1-4 Step R back, Step L back, Step L to L side, return R to center, Step on R

5-8 Step L back. Step R back turning ¼ L, Step L to L side, return R to center, Step on L.

If you want to make it a 2 wall dance, just do a ½ turn instead of the ¼. That's it! Love this song. Hope you like it and the routine. Please let me know if you do by voting for it. Do not alter routine without my permission. Thank you, Georgie mygeo@adamswells.com or mygrantg@gmail.com