

Calm Down

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Linah Lunardi (INA) - March 2023

Musik: 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!

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