

Calm Down

COPPER KNOB
STEPSHEETS

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Jean Tolibas (USA) - May 2023

Musik: Calm Down - Rema & Selena Gomez



No tags/ No restarts

Intro: Start after 16 counts

Section 1: Walk, hitch

- 1-4 Walk forward starting with R foot (3 steps) L hitch
- 5-8 Walk back starting with L foot (3 steps) R hitch

Section 2: R vine, Prissy walk with alternate shoulder shrugs

- 1-4 Side step R, L behind, side step R, L foot cross over R
- 5 Recover with weight on the R
- 6 side step L
- 7 R foot cross over L
- 8 recover with weight on the L

Section 3: Prissy walk/ Jazz box

- 1-2 Prissy walk starting with R foot (2 alternate shoulder shrugs starting with R shoulder)
- 3-4 L foot (2 alternate shoulder shrugs - L shoulder)
- 5 R cross over L
- 6 L step back $\frac{1}{4}$ R turn facing 3:00
- 7 R step side
- 8 L cross over R

Section 4 : Side toe point with palms down sweep from shoulder to hip. Pivot

- 1-2 Slide R foot to the side, then foot together (Palms down sweep from R shoulder to R hip)
- 3-4 Slide L foot to the side, then feet together (Palms down sweep from L shoulder to L hip)
- 5-6 Step R foot forward on ball and $\frac{1}{4}$ pivot to the L
- 7-8 Step R foot forward on ball and $\frac{1}{4}$ pivot to the L facing 9:00

Repeat thru wall 11 , wall 12 (16 counts) End on count 17.

Please watch the video: LineDance Break channel in youtube

Email: Linedancebreak@gmail.com