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| You Need To Calm Down |  |

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| **Count:** | 48 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Adrian Lefebour (AUS) & Jessica Lamb (AUS) - July 2019 | | | | |
| **Music:** | You Need To Calm Down - Taylor Swift : (Album: Lover - iTunes - 2:51 ) | | | | |
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**Notes: 16 count intro from the start of the song**

**[1-8] Cross Rock, Replace, Step Side, Cross Rock, Replace, Step Side, 1/2 Pivot Turn, Together, 1/2 Pivot Turn, Together**

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| 1,2& | Cross Rock R over L, Replace weight on L, Step R to R side |

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| 3,4& | Cross Rock L over R, Replace weight on R, Step L to L side |

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| 5,6& | Step R fwd, 1/2 Pivot turn L, Step R next to L (weight on R) (6.00) |

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| 7,8& | Step L fwd 1/2 Pivot turn R, Step L next to R (weight on L) (12.00) |

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**[9-16] Step Back/Pop L Knee, Triple Step, Rock Back, Replace, Step Lock Step, Step Fwd**

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| 1,2&3 | Step R back and Pop L knee fwd, Step L back pop R knee, Take weight fwd on R, Take weight on L |

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| 4,5 | Rock R back, Replace weight fwd on L |

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| 6&7,8 | Step R fwd, Lock L behind R, Step R fwd, Step L fwd |

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**[17-25] Step Side, Glide, 1/4 Turn Glide, Shuffle Fwd, Replace, 1/2 Turn, 1/4 Turn, Replace, Cross Step, 1/4 Turn, 1/4 Turn with Hand Fwd**

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| 1&2& | Step R to R side, Drag L towards R, 1/4 Turn L step L to L side, Drag R towards L, Step R next to L (9.00) |

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| 3&4 | Shuffle L fwd – Step L fwd, Step R next to L, Step L fwd (weight on L) |

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| 5,6&7 | Replace weight back on R, 1/2 Turn L step L fwd (3.00), 1/4 Turn L step on ball on R, Replace weight on L (12.00) |

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| 8&1 | Step R across L, 1/4 Turn R step L back (3.00), 1/4 Turn R step R to R side and push R palm fwd (6.00) |

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**[26-32] Heel/Toe Swivel, Side Shuffle/Prep, Full Turn L**

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| 2&3 | Swivel R heel in, Swivel R toe in, Swivel R heel in (weight on L) |

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| 4&5 | Step R to R side, Step L next R, Step R to R side/Prep |

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| 6,7,8 | 1/4 Turn L Step L fwd (3.00), 1/2 Turn L step R back (9.00), 1/4 Turn L step L to L side (6.00) |

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**[33-40] Step Across, Side, Behind, 1/4 Turn, 1/4 Paddle Turn – Repeat, Step Across, Side, Rock Back, Replace (Restart)**

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| 1&2& | Step R across L, Step L to L side, Step R behind L, 1/4 Turn L step L fwd (9.00) |

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| 3& | Step R fwd, 1/4 Paddle turn L (12.00) |

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| 4&5& | Step R across L, Step L to L side, Step R behind L, 1/4 Turn L step L fwd (3.00) |

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| 6&7&8& | Step R fwd, 1/4 Paddle turn L (6.00), Step R across L, Step L to L side, Rock R back, Replace weight on L |

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**[41-48] Step Side/Drag, Rock Back, Replace – Repeat on L, V Step, Step Across, Side, Flick R Foot Back**

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| 1,2& | Step R to R side whilst dragging L towards L, Rock L back, Replace weight on R |

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| 3,4& | Step L to L side whilst dragging R towards R, Rock R back, Replace weight on L |

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| 5&6& | Step R fwd on R 45, Step L fwd on L 45, Step R back to centre, Step L back to centre (weight on L) |

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| 7&8 | Step R across L, Step L to L side, Flick R foot back (6.00) |

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**RESTART – Wall 2 – Start dance at 6.00 wall.**

**Do to count 39& then step R behind L, Step L slightly to L and start dance again at 12.00 wall**

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**FINISH – Wall 5**

**Dance to count 32, then do a 1/2 turn hitch L step R to R side and push hand fwd to finish at front.**

**Last Update - 10 July 2019**