|  |  |
| --- | --- |
| Calm Down EZ |  |

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| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Lynne Herman (USA) & David Herman (USA) - September 2019 |
| **Music:** | You Need To Calm Down - Taylor Swift : (Album: Lover - 2019 - 2:51) |
| . |

**INTRO: 32 Counts**

**RESTARTS: One restart, after 16 counts on Wall #6**

**S1: MAMBO FORWARD, HOLD, MAMBO BACK, HOLD**

|  |  |
| --- | --- |
| 1234 | Rock RF forward (1), recover weight to LF (2), step RF back (3), hold (4) |

|  |  |
| --- | --- |
| 5678 | Rock LF back (5), recover weight to RF (6), step LF forward (7), hold (8) |

**S2: CHASSE RIGHT, CHASSE LEFT WITH ¼ TURN LEFT (9:00)**

|  |  |
| --- | --- |
| 1234 | Step RF to right (1), step LF beside RF (2), step RF to right (3), touch LF beside RF (4) |

|  |  |
| --- | --- |
| 567 | Step LF to left (5), step RF beside LF (6), turn ¼ left stepping LF forward (7) |

|  |  |
| --- | --- |
| 8 | Step RF beside LF, prep for swivels (8) (9:00) |

**\*\*\*MODIFICATION FOR RESTART, WALL #6: SCUFF AFTER CHASSE LEFT WITH ¼ TURN LEFT**

|  |  |
| --- | --- |
| 8 | Scuff RF beside LF, then restart (8) |

**S3: 3X SWIVEL RIGHT, CLAP, 3X SWIVEL LEFT, CLAP**

|  |  |
| --- | --- |
| 1234 | Swivel heels right (1), swivel toes right (2), swivel heels right (3), clap & hold (4) |

|  |  |
| --- | --- |
| 5678 | Swivel heels left (5), swivel toes left (6), swivel heels left (7), clap & hold while shifting weight to LF (8) |

**S4: 3X STEP BACK & TOUCH HEEL FORWARD, THEN STEP-SCUFF**

|  |  |
| --- | --- |
| 12 | Step RF back (1), touch left heel forward (2) |

|  |  |
| --- | --- |
| 34 | Step LF back (3), touch right heel forward (4) |

|  |  |
| --- | --- |
| 56 | Step RF back (5), touch left heel forward (6) |

|  |  |
| --- | --- |
| 78 | Step LF forward (7), scuff RF forward (8) |

**DANCE ENDING: Dance ends at the end of Wall #14, facing 6:00. If you like to finish on the front wall, a simple pivot ½ left works fine!**

**CONTACT: Lynne and David Herman, linedance4life@gmail.com**