

# Calm Down EZ

**COPPER** **NOB**  
BY THE POUND

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!**

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