

Calm Down

Count: 32

Wall: 4

Level: Low Intermediate

Choreographer: RoncoBronco - June 2019

Music: You Need To Calm Down - Taylor Swift



Begin dancing after 16-count music intro.

TRIPLE CROSS STEPS WITH FINGER SNAPS

- 1 Walk forward crossing R over L
- 2 Walk forward crossing L over R
- 3 Walk forward crossing L over R
- 4 Snap L and look down L
- 5 Walk forward crossing L over R
- 6 Walk forward crossing R over L
- 7 Walk forward crossing L over R
- 8 Snap R and look down R

MONTEREY SPIN CLOCKWISE HALF TURN, R LOCK STEP, L KICK BALL CHANGE

- 9 R out to R side
- 10 Spin $\frac{1}{2}$ CW pulling R foot to center
- 11 L foot out L
- 12 Pull L foot to center
- 13 Slide R forward
- & Slide L up behind R
- 14 Slide R forward
- 15 Kick L forward
- & Step down on ball of left foot
- 16 Transfer weight to R

TURNING BOX $\frac{3}{4}$ CLOCKWISE, L KICK BALL CHANGE, SKATE L, SKATE R

- 17 Step L to left side
- 18 $\frac{1}{4}$ turn stepping on R
- 19 $\frac{1}{4}$ turn stepping on L
- 20 $\frac{1}{4}$ turn stepping on R
- 21 Kick L forward
- & Step down on ball of L foot
- 22 Transfer weight to R
- 23 Skate L
- 24 Skate R

$\frac{1}{2}$ SAILOR CCW, R SHUFFLE, L KICK BALL CHANGE, TAP L BEHIND, $\frac{1}{2}$ PIVOT CCW

- 25 Step L behind R and start to turn counter clockwise
- & While still turning CCW transfer weight to R
- 26 Should be facing 9 o'clock as weight comes down on L
- 27 Step forward on R
- & Slide L forward almost to R
- 28 Step R forward
- 29 Kick L forward
- & Step down on ball of L foot
- 30 Transfer weight to R
- 31 Tap L toe behind
- 32 Transfer weight to L as you make $\frac{1}{2}$ turn over L shoulder

