Count: 32
Wall: 2
Level: Improver
Choreographer: Jean-Pierre Madge (CH) - November 2022

Music: Calm Down - Rema

R Heel, Hip bump, L Heel, Hip bump, Ball walk walk, Point and Hitch

| $1 \& 2$ | $R$ heel to $R$ diagonal (1), Bump hip to $R$ diagonal (\&), Bump hip back (2) |
| :--- | :--- |
| $\& 3 \& 4$ | $R$ next $L(\&), L$ heel to $L$ diagonal (3), Bump hip to $L$ diagonal (\&), Bump hip back (4) |
| $\& 5-6$ | $L$ next $R(\&)$, Step $R$ forward (5), Step $L$ forward (6) |
| $7 \& 8 \&$ | Point $R$ to $R(7), R$ next $L$ (\&), Hitch $L$ (8), Step $L$ next $R(\&) 12: 00$ |

## Stomp, Bounces 1/4L, Side, Behind Side Cross and Cross $1 / 4 \mathrm{~L}$

| 1-2-3-4 | Stomp $R$ forward (1), Bounce heels doing 1/4 $L(2-3-4)$ weight on $L$ 9:00 |
| :--- | :--- |
| 5-6\&7 | Step $R$ to $R(5)$, Cross $L$ behind $R(6), 1 / 8 L$ Step $R$ to $R(\&), 1 / 8 L$ Cross $L$ over $R(7)$ |
| $\& 8$ | Step $R$ to $R(\&)$ Cross $L$ |

\&8 Step $R$ to $R(\&)$, Cross $L$ over $R(8)$ 6:00

## Dorothy Steps R,L , Rock, Recover, Shuffle 1/2 R

| $1-2 \&$ | Step $R$ to $R$ diagonal (1), Step $L$ behind $R(2)$, Step $R$ to $R(\&)$ |
| :--- | :--- |
| $3-4 \&$ | Step $L$ to $L$ diagonal (3), Step $R$ behind $L$ (4), Step $L$ to $L$ (\&) |
| $5-6$ | Rock $R$ forward (5), Recover (6) |
| $7 \& 8$ | $1 / 4 R$ step $R$ to $R(7)$, Step $L$ next $R(\&), 1 / 4 R$ Step $R$ forward (8) 12:00 |

Step, 1/4R, Cross Shuffle, Circles Jumps 1/4R
1-2 $\quad$ Step $L$ forward (1), 1/4R Step $R$ to $R(2), 3: 00$
3\&4 Cross L over R (3), Step R to R (\&), Cross L over R (4)
\&5\&6 Step $R$ to $R$ diagonal forward (\&) Step $L$ next $R$ (5), Step $R$ to $L$ diagonal forward (\&), Step $L$ next R (6)
\&7\&8 $\quad 1 / 4 R$ Step $R$ to $R$ diagonal back (\&), Step $L$ next $R(7)$, Step $R$ to $R$ diagonal forward (\&), Step L next R (8) 6:00

Tag-32 counts
Tag happen after wall 1 (facing 6'), after wall 4 (facing 12'), after wall 7 (facing 6')
Side, Together x4, Point R \& Hitch R, Point $L$ and Hitch $L$ and

| 1\&2\& | Step R to R (1), Step L next R (\&), Step R to R (2), Step L next R (\&) |
| :--- | :--- |
| 3\&4\& | Step R to R (3), Step L next R (\&), Step R to R (4), Step L next R (\&) |

Option : While travelling to the $R$, go lower and lower by bending your knees
5\&6\& Point R to R (5), R next L (\&), Hitch R (6), Step R next L (\&)
Option : As your knees are bent, point to the sides while staying this position but go up when you hitch
7\&8\& Point L to L (7), L next R (\&), Hitch L (8), Step L next R (\&)
Option : As your knees are bent, point to the sides while staying this position but go up when you hitch
Step, Touch x4, Step 1/2L, Walk Walk
1\&2\& Step $R$ to $R$ diagonal (1), Touch $L$ next $R(\&)$, Step $L$ to $L$ diagonal (2), Touch $R$ next $L(\&)$
3\&4\& Step $R$ to $R$ diagonal (3), Touch $L$ next $R(\&)$, Step $L$ to $L$ diagonal (4), Touch $R$ next $L(\&)$
Option : Open your knees while stepping forward and close them when you bring the foot next to the other
5-6 $\quad$ Step R forward (5), 1/2L Step L forward (6),
7-8 Walk R, L (7,8)
** Repeat the first 16 counts to complete the 32c Tag.
Smile and Start the dance again !
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