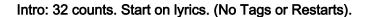
# Calm Down



Compte: 32 Mur: 2 Niveau: Beginner

Chorégraphe: Amy Christian (USA) - November 2022

Musique: Calm Down - Rema



### FORWARD MAMBO, BACK MAMBO, SWAY IN PLACE,

Rock forward on R, Recover back on L, Step R next to L, Rock back on L, Recover forward on R, Step L next to R,

5-8 Step in place R-L-R-L as you sway,

## RIGHT SIDE MAMBO, LEFT SIDE MAMBO, 1/8 TURN WITH HIP ROLLS X 2,

1&2	Rock out to right side, Recover on L, Step R next to L,
3&4	Rock out to left side, Recover on R, Step L next to R,

Step R diagonally forward 1/8 turn left, Recover on L, Roll hips CCW, [10:30]
 Step R diagonally forward 1/8 turn left, Recover on L, Roll hips CCW [9:00]

#### CHASSE, SWAY, SWAY, CHASSE, SWAY, SWAY,

1&2 Step R to right side, Step L next to R, Step R to right side, (Side shuffle)

3-4 Sway left, Sway right,

5&6 Step L to left side, Step R next to L, Step L to left side, (Side shuffle),

7-8 Sway right, Sway left,

## 1/8 FORWARD MAMBO, 1/8 FORWARD MAMBO, WALK WITH BOOTY SHAKE/SHIMMY,

Turning 1/8 left Rock forward on R, Recover back on L, Step R next to L, [7:30]
Turning 1/8 left, Rock forward on L, Recover back on R, Step L next to R, [6:00]

5-8 Walk forward R-L-R-L with slightly bent knees, as you shake you booty or shimmy your

shoulders,

# \*(Optional steps for the last set of eight counts on counts 1&2, 3&4,

1&2&1/8 forward R out- L out, Step R back, Step L out,3&4&1/8 forward R out- L out, Step R back, Step L out,)

#### Start over!

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