# I'm Calm

Niveau: Beginner

Compte: 32 Chorégraphe: Jo Price (NZ) - July 2023 Musique: Calm Down - Rema

Intro: 16 counts - Start point: feet together weight on right foot

## (1 - 8) Right point together, left point together, right shuffle, left shuffle

- Point R to right, close 1, 2
- 3, 4 Point L to left, close
- 5&6 Step R fwd, Step L by R, Step R fwd.
- 7&8 Step L fwd, Step R by L, Step L fwd.

## (9 – 16) Jazz Box Quarter turn right 2x Kick ball change

- 1, 2, 3, 4 Cross right over left, step left back right forward, turn 1/4 right and step left together
- 5&6 Kick R forward, Step R next to L, Step L next to R
- 7&8 Kick R forward, Step R next to L, Step L next to R

## (17 – 24) Right hip bumps left hip bumps, V step touch

- 1&2 Bump hips to right, left, right
- 3&4 Bump hips to left, right, left
- 5,6,7.8 Step R FWD out to R, Step L FWD out to L, Step R back in, Touch L beside R

#### (25 – 32) Left grape vine, right grape vine.

- 1 4 Step L to L, Step R behind L, Step L to L, Touch R beside L
- 5 8 Step R to R, Step L behind R, Step R to R, Close L beside R

#### Smile and start the dance again!

#### No tags, no restarts

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