

# Calm Me Down

**COPPER** **KNOB**  
BY STEPHEN

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Joshua Talbot (AUS) & Brett Jenkins (AUS) - October 2016  
音樂: Kindly Calm Me Down - Meghan Trainor : (Album: Thank You)



## #16 count intro

[1-9] □ □ SIDE, REPLACE, FULL BACK, SIDE, BEHIND, SIDE\*, CROSS, REPLACE,  $\frac{3}{4}$ ,  $\frac{1}{2}$ , LOCK  $\frac{1}{4}$

1 2&      Step R to R,  $\frac{1}{4}$  turn R replace weight back on L,  $\frac{1}{2}$  R step R fwd  
3 4&       $\frac{1}{4}$  R step L to L, step R behind L, step L to L\*  
5 6&7      Cross R over L, replace weight L,  $\frac{1}{4}$  R step R fwd,  $\frac{1}{2}$  R step L back  
8&1      Sweep R around making  $\frac{1}{2}$  turn R stepping R fwd, lock L behind R,  $\frac{1}{4}$  turn R step R fwd

[10-16] □ CROSS, SIDE, BEHIND, BEHIND,  $\frac{1}{4}$ , WALK WALK, ROCK, RELACE,  $\frac{1}{2}$

2&3      Sweep L around to cross step over R, step R to R, step L behind R  
4&56      Sweep R around to step behind L,  $\frac{1}{4}$  L step L fwd, step R fwd, step L fwd  
7&8      Rock R fwd, replace weight L,  $\frac{1}{2}$  R step R fwd

[17-24] □  $\frac{1}{2}$  BACK, BACK, COASTER CROSS, SIDE, ROCK BACK, REPLACE, TOUCH FULL UNWIND

&1 2       $\frac{1}{2}$  turn R step L back, step R back, step L back  
3&4      Step R back, step L together, step R over L  
&5 6      Step L to L, rock R behind L, replace weight L  
&7 8      Step R to R, touch L toe behind R, unwind full turn L taking weight L

[25-33] □ SIDE, ROCK BACK, REPLACE, TOUCH  $\frac{3}{4}$  UNWIND, BACK,  $\frac{1}{2}$  FWD\*, BACK,  $\frac{1}{2}$ ,  $\frac{1}{2}$ ,  $\frac{1}{4}$  SIDE

&1 2      Step R to R, rock L behind R, replace weight R  
&3 4      Step L to L, touch R behind L,  $\frac{3}{4}$  unwind R taking weight back onto L  
5&6      Step R back,  $\frac{1}{2}$  turn L step L fwd, step R fwd  
7 8&1      Replace weight back to L,  $\frac{1}{2}$  turn R step R fwd (\*),  $\frac{1}{2}$  turn R step L back,  $\frac{1}{4}$  turn R rock R to R

[34-40] □ REPLACE, CROSS, SIDE,  $\frac{1}{4}$  REPLACE, TOGETHER, FWD, TOUCH, FWD, TOUCH

2&3      Replace weight L, cross step R over L, step L to L  
4&      Replace weight R as you make a  $\frac{1}{4}$  turn R, step L together  
5 6 7 8      Step R fwd, touch L together, step L fwd, touch R together

[41-48] □ BACK, CROSS, BACK, CROSS, ROCK BACK, REPLACE, PIVOT  $\frac{1}{2}$

1 2&      Step R back to R diagonal, cross step L over R, step R back  
3 4&      Step L back to L diagonal, cross step R over L, step L back  
5 6 7 8      Rock R back, replace weight L, step R fwd,  $\frac{1}{2}$  turn L taking weight L

## [48] counts

### Restarts:-

Wall 3; dance to count 4&\* then restart to front wall

Wall 6; dance to count 32\*, replace the  $\frac{1}{2}$  turn on the '&' count with a step fwd to Restart to front

Finish: Start wall 8 facing back; Do first 2 counts, then replace the  $\frac{1}{2}$  turn R with a  $\frac{1}{4}$  turn R stepping R to R, cross step L over R, step R to R.

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