

Baby CALM DOWN

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
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音樂: Calm Down - Rema



Introduction : 32 counts

[1-8] SIDE ROCK R, ¼ TURN L WITH SIDE ROCK 2X, SWAY R L

- 1-2 Step RF to the R side (1), Recover weight on LF (2) 12:00
- 3-4 Make a ¼ turn to the L by putting RF to the R (3), Recover weight on LF (4) 9:00
- 5-6 Make a ¼ turn to the L by putting RF to the R (5), Recover weight on LF (6) 6:00
- 7-8 Sway R (7), Sway L (8) 6:00

[9-16] TOUCH R FWD, STEP R, TOUCH L FWD, STEP L, ROCKING CHAIR R FWD

- 1-2 Touch toe RF diagonally R forward (1)*, Step RF diagonally R forward (2)*
- 3-4 Touch toe LF diagonally L forward (3)*, Step LF diagonally L forward (4)*
- 5-6 Rock step RF forward (5), Recover weight on LF (6),
- 7-8 Rock step LF backward (7), Recover weight on LF (8)

*Arms movement on counts 1-2-3-4 : both arms outstretched in front slightly apart, palms up. Do two beats down to up 2X.

[17-24] SIDE ROCK R, ¼ TURN R WITH SIDE ROCK 2X, SWAY R L

- 1-2 Step RF to the R side (1), Recover weight on LF (2) 6:00
- 3-4 Make a ¼ turn to the R by putting RF to the R (3), Recover weight on LF (4) 9:00
- 5-6 Make a ¼ turn to the R by putting RF to the R (5), Recover weight on LF (6), 12:00
- 7-8 Sway R (7), Sway L (8)

[25-32] TOUCH R FWD, STEP R, TOUCH L FWD, STEP L, LITTLE STEP R FWD, TOGETHER, LITTLE STEP R ½ TURN R, TOGETHER

- 1-2 Touch toe RF diagonally R forward (1)*, Step RF diagonally R forward (2)* 12 :00
- 3-4 Touch toe LF diagonally L forward (3)*, Step LF diagonally L forward (4)*
- 5-6 Little step RF forward, bending the knees slightly (5), Bring back LF next RF (6)
- 7-8 Make a ¼ turn to the R with a little step RF, bending the knees slightly (7), Bring back LF - F weight on LF (8) 3:00

*Arms movement on counts 1-2-3-4 : both arms outstretched in front slightly apart, palms up. Do two beats down to up 2X.

Final to finish facing 12 o'clock :

On counts 7-8 section 4, replace ¼ turn with ½ turn to the Right

Enjoy ☐

Source : This file is the original. If you have any questions, don't hesitate to contact me :
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