

# Calm Down

拍數: 32      牆數: 2      級數: Phrased Improver  
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音樂: Calm Down - Rema



No Tag, No Restart

Sequence: A,A,A,A, B,B,B,B, A,A,A,A, B,B,B,B, A,A,A,A, B,B

## Part A: 16c

### S.1# TOE STRUT R & L, MAMBO FORWARD, MAMBO BACK

1&2&      Touch R toes forward – Drop R heel – Touch L toes forward – Drop L heel  
3&4&      Touch L toes forward – Drop L heel – Touch R toes forward – Drop R heel  
5&6      Step R Forward – Step L in place – Step R Together  
7&8      Step L Back – Step R in place – Step L Together

### S.2# OUT, OUT, IN, PIVOT ¼ TURN LEFT, CLOSE

1&2      Step R Diagonal forward – Step L diagonal forward – Step R back to centre  
3&4      Step L back – Step R Together – Step L forward  
5&6&7&8      Step R forward – Turn ¼ Left & Recovered on L – Step R forward – Turn ¼ Left & Recovered on L – Step R forward – Turn ¼ Left & Recovered on L – Step R Close beside L

## Part B: 16

### S.1# CHASSE (R-L), FORWARD DIAGONAL SHUFFLE (R-L)

1&2&      Step R Side to Right – Step L Together – Step R side to Right – Step L Together  
3&4&      Step L Side to Left – Step R Together – Step L side to Left – Step R Together  
5&6&      Step R forward Diagonal – Step L Together – Step R forward Diagonal – Step L Together  
7&8&      Step L forward Diagonal – Step R Together – Step L forward Diagonal – Step R Together

### S.2# BACK DIAGONAL SHUFFLE (R-L), COASTER STEP, PIVOT ½ TURN

1&2&      Step R Back Diagonal – Step L Together – Step R Back Diagonal – Step L Together  
3&4&      Step L Back Diagonal – Step R Together – Step L Back Diagonal – Step R Together  
5&6      Step R back – Step L back Together – Step R forward  
7&8      Step L forward – ½ Turn Right, recovered on R – Step L forward