

Calm Down AB

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Annemaree Sleeth (AUS) - May 2023

Music: Calm Down - Rema & Selena Gomez



No Tags Or Restarts

Split Floor to Harder dances

Begin on 32 Count Intro

S 1 (1– 32) FORWARD TOE STRUTS WITH HIP BUMPS

- 1-2 Push Forward On Ball Of Right Foot, Drop Right Heel
- 3-4 Push Forward On Ball Of Left Foot, Drop Left Heel
- 5-6 Push Forward On Ball Of Foot Right Foot, Drop Right Heel
- 7-8 Push Forward On Ball Of Foot Left Foot

ADD BATCHATA HIPs FOR STYLE

S 2 (9 – 16) ROCKING CHAIR, SIDE, BACK TOUCHES X 2

- 1-2 Rock Right Forward, Recover Left
- 3-4 Rock Right Back, Recover Left
- 5-6 Step Right Side, Touch Left Toes Behind Right
- 7-8 Step Left Side, Touch Right Toes Behind Left

S 3 (17– 24 R VINE TOUCH/BRUSH, SIDE TOUCHES x 2

- 1-2 Step Right Side, Cross Left Slightly Behind Right
- 3-4 Step Right Side, Touch Left Beside Right
- 5-6 Step Left Side, Touch Right Beside Left
- 7-8 Step Right Side, Touch Left Beside Right

S 4 (25 – 32) ¼ LVINE, TOUCH/BRUSH. FORWARD TOE TAPS

- 1-2 Step Left Side Cross Left Slightly Behind Right
- 3-4 ¼ L Step Left Forward, Touch/Brush Right Beside Left (9.00)
- 5-6 Point Right Toe Forward, Step Right Beside Left
- 7-8 Point Left Toe Forward, Step Left Beside Right (9.00)

Dance Finishes On First Step Of The Toe Strut

Begin Again

Watch The Video On Annemaree Sleeth Youtube

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