

Calm Down

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Count: 32

Wall: 2

Level: Beginner

Choreographer: Sawina (INA) - January 2023

Music: Calm Down - Rema



Intro. : 32 C

Section 1: KICK BALL CROSS DIAGONAL - SIDE ROCK - WAVE

1&2 Kick R diagonal Forward, tap R beside L, cross R over R (01.30)
3&4 Kick R diagonal Forward, tap R beside L, cross R over R (01.30)
5 6 Step R to R side, recover on L
7&8 Step R behind L, step L to L side, cross R over L

Section 2: SIDE ROCK - WAVE - SIDE ROCK TURN 1/4 R - COSTER STEP

1 2 Step L to L side, recover on R
3&4 Step L behind R, step R to side R, cross L over R
5 6 Step R to R side, turn 1/4 R weight on L
7&8 Step R back, step L together, step R forward

Section 3: WALK 1/2 R WITH TOUCH - DIAGONAL TOUCH FORWARD R/L

1 2 Step L forward, turn 1/4 R step R forward
3 4 Turn 1/4 R step L forward, touch R beside L
5 6 Step R diagonal forward , touch L beside R
7 8 Step L diagonal forward, touch R beside L

Section 4: BACK WALK - PADLE 1/8 TWICE

1 2 Step R back, step L back
3 4 Step R back, step L together (weight on L)
5 6 Step R diagonal forward (10.30) turn 1/8 L, recover On L (09.00)
7 8 Step R forward (09.00) turn 1/8 L, recover on L (06.00)

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