

# You Need To Calm Down

LINEDANCE.COM

**Count:** 48      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Adrian Lefebour & Jessica Lamb (AUS), July 2019

**Music:** You Need To Calm Down - Taylor Swift. Album: Lover (2.51) iTunes

## Notes: 16 count intro from the start of the song

### [1-8] Cross Rock, Replace, Step Side, Cross Rock, Replace, Step Side, 1/2 Pivot Turn, Together, 1/2 Pivot Turn, Together

- 1,2&      Cross Rock R over L, Replace weight on L, Step R to R side
- 3,4&      Cross Rock L over R, Replace weight on R, Step L to L side
- 5,6&      Step R fwd, 1/2 Pivot turn L, Step R next to L (weight on R) (6.00)
- 7,8&      Step L fwd 1/2 Pivot turn R, Step L next to R (weight on L) (12.00)

### [9-16] Step Back/Pop L Knee, Triple Step, Rock Back, Replace, Step Lock Step, Step Fwd

- 1,2&3      Step R back and Pop L knee fwd, Step L back pop R knee, Take weight fwd on R, Take weight on L
- 4,5      Rock R back, Replace weight fwd on L
- 6&7,8      Step R fwd, Lock L behind R, Step R fwd, Step L fwd

### [17-25] Step Side, Glide, 1/4 Turn Glide, Shuffle Fwd, Replace, 1/2 Turn, 1/4 Turn, Replace, Cross Step, 1/4 Turn, 1/4 Turn with Hand Fwd

- 1&2&      Step R to R side, Drag L towards R, 1/4 Turn L step L to L side, Drag R towards L, Step R next to L (9.00)
- 3&4      Shuffle L fwd - Step L fwd, Step R next to L, Step L fwd (weight on L)
- 5,6&7      Replace weight back on R, 1/2 Turn L step L fwd (3.00), 1/4 Turn L step on ball on R, Replace weight on L (12.00)
- 8&1      Step R across L, 1/4 Turn R step L back (3.00), 1/4 Turn R step R to R side and push R palm fwd (6.00)

### **[26-32] Heel/Toe Swivel, Side Shuffle/Prep, Full Turn L**

**2&3** Swivel R heel in, Swivel R toe in, Swivel R heel in (weight on L)

**4&5** Step R to R side, Step L next R, Step R to R side/Prep

**6,7,8 1/4 Turn L Step L fwd (3.00), 1/2 Turn L step R back (9.00), 1/4 Turn L step L to L side (6.00)**

### **[33-40] Step Across, Side, Behind, 1/4 Turn, 1/4 Paddle Turn - Repeat, Step Across, Side, Rock Back, Replace (Restart)**

**1&2&** Step R across L, Step L to L side, Step R behind L, 1/4 Turn L step L fwd (9.00)

**3&** Step R fwd, 1/4 Paddle turn L (12.00)

**4&5&** Step R across L, Step L to L side, Step R behind L, 1/4 Turn L step L fwd (3.00)

**6&7&8&** Step R fwd, 1/4 Paddle turn L (6.00), Step R across L, Step L to L side, Rock R back, Replace weight on L

### **[41-48] Step Side/Drag, Rock Back, Replace - Repeat on L, V Step, Step Across, Side, Flick R Foot Back**

**1,2&** Step R to R side whilst dragging L towards L, Rock L back, Replace weight on R

**3,4&** Step L to L side whilst dragging R towards R, Rock R back, Replace weight on L

**5&6&** Step R fwd on R 45, Step L fwd on L 45, Step R back to centre, Step L back to centre (weight on L)

**7&8** Step R across L, Step L to L side, Flick R foot back (6.00)

**RESTART - Wall 2 - Start dance at 6.00 wall.**

**Do to count 39& then step R behind L, Step L slightly to L and start dance again at 12.00 wall**

## **FINISH - Wall 5**

**Dance to count 32, then do a 1/2 turn hitch L step R to R side and push hand fwd to finish at front.**

**Last Update - 10 July 2019**

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=134752](https://www.linedance.com/index.php?f=dance_view&id=134752)