

# Calm Down

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**Count:** 32      **Wall:** 4      **Level:** Low Intermediate

**Choreographer:** RoncoBronco - June 2019

**Music:** You Need to Calm Down by Taylor Swift

**Begin dancing after 16-count music intro.**

## TRIPLE CROSS STEPS WITH FINGER SNAPS

- 1      Walk forward crossing R over L
- 2      Walk forward crossing L over R
- 3      Walk forward crossing L over R
- 4      Snap L and look down L
- 5      Walk forward crossing L over R
- 6      Walk forward crossing R over L
- 7      Walk forward crossing L over R
- 8      Snap R and look down R

## MONTEREY SPIN CLOCKWISE HALF TURN, R LOCK STEP, L KICK BALL CHANGE

### 9R out to R side

- 10      Spin  $\frac{1}{2}$  CW pulling R foot to center

### 11L foot out L

- 12      Pull L foot to center
- 13      Slide R forward
- &      Slide L up behind R
- 14      Slide R forward
- 15      Kick L forward

### & Step down on ball of left foot

- 16      Transfer weight to R

## TURNING BOX $\frac{3}{4}$ CLOCKWISE, L KICK BALL CHANGE, SKATE L, SKATE R

- 17      Step L to left side

## **18¼ turn stepping on R**

## **19¼ turn stepping on L**

## **20¼ turn stepping on R**

- 21** Kick L forward
- &** Step down on ball of L foot
- 22** Transfer weight to R
- 23** Skate L
- 24** Skate R

## **½ SAILOR CCW, R SHUFFLE, L KICK BALL CHANGE, TAP L BEHIND, ½ PIVOT CCW**

- 25** Step L behind R and start to turn counter clockwise
- &** While still turning CCW transfer weight to R
- 26** Should be facing 9 o'clock as weight comes down on L
- 27** Step forward on R
- &** Slide L forward almost to R
- 28** Step R forward
- 29** Kick L forward
- &** Step down on ball of L foot
- 30** Transfer weight to R
- 31** Tap L toe behind
- 32** Transfer weight to L as you make ½ turn over L shoulder