

# You Need to Calm Down Baby

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**Count:** 48      **Wall:** 2      **Level:** Improver

**Choreographer:** Annemaree Sleeth Australia - July 2019

**Music:** You Need To Calm Down by Taylor Swift - 2.50 - Single

## **Intro 16 Counts - Start on vocal**

### **S 1 [1 -8] CROSS, RECOVER, SIDE SHUFFLE, CROSS, RECOVER, SIDE SHUFFLE**

- 1 - 2      Cross Right Over Left, Recover Left
- 3 &4      Step Right Side, Step Left Together, Step Right Side
- 5 - 6      Cross Left Over Right, Recover Left
- 7 &8      Step Left Side, Step Right Together, Step Left Side

### **S 2 [9 -16] STEP ½ PIVOT, SHUFFLE, STEP ½ PIVOT SHUFFLE**

- 1-2      Step Right Forward, ½ Pivot Left
- 3&4      Shuffle Forward R, L, R
- 5-6      Step Left Forward, ½ Pivot Right
- 7&8      Shuffle Forward L, R, L (Small Steps)

### **S 3 [17 - 24] SWAY HIPS DIAG FORWARD, RECOVER, BACK LOCKS X 2 SWAY**

- 1-2      Sway Hips Diag Right Forward , Sway Left Hips Back (wgt R)
- 3&4      Step Right Back, Step Left Together, Step Right Back
- 5&6      Step Left Back, Step Right Together, Step Left Back
- 7- 8      Step Right Side Sway Hips Right Then Left

### **Styling Option: Use Your Hips On BACK LOCKS Move Your Arms With Your Body**

### **S 4 [25-32] SIDE, TOGETHER, SCISSOR, SIDE TOGETHER SCISSOR**

- 1- 2      Step Right Side , Step Left Together,
- 3&4      Step Right Side, Step Left Together
- 4&      Step Right Side, Bend Left Knee Towards Floor & Punch Hands In The Air
- 5-6      Step Left Side, Step Right Together
- 7&      Step Left Side, Step Right Together,

**8&** Step Left Side, Bend Right Knee Towards Floor & Punch Hands In The Air

**Easier Option Touch On Knee Bends AND Drop The & Count**

**S 5 [33 - 40] FORWARD, CROSS, ¼ L SIDE, REPEAT**

- 1- 2** Step Right Forward, Cross Left Over Right  
**3-4** Turn 1/4 Left Step Right Back , Step Left Side 9.00  
**5-6** Step Right Forward, Cross Left Over Right  
**7-8** Turn 1/4 Left Step Right Back , Step Left Side 6.00

**Restart Wall 2 Here Faces 12.00**

**S 6 [41- 48] V STEP, SIDE TOUCH, SIDE, FLICK**

- 1&** Step Right Forward, Step Left Forward,  
**2&** Step Right Back, Step Left Together  
**3&** Step Right Side Touch Left Together  
**4&** Step Left Side, Touch Right Together  
**5&6&** Step Right Side, Step Left Together, Step Right Side, Touch Left Together  
**7-8** Step Left Side, Flick Right Foot Back 6.00

**Styling On The Oh Oh Ohs Wave Hands In The Air**

**Dance Finish : Wall 5 Dance to Count 32**

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