

# You Need to Calm Down (Cha Cha)

## Beginner

LINEDANCE.COM

**Count:** 32      **Wall:** 2      **Level:** Basic Beginner

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

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

**Intro 16 Counts - Start on vocal - No Tags Or Restarts!!!**

**S 1 [1 -8] PRISSY WALKS , ROCKING CHAIR, PRISSY WALKS, CHA CHA FORWARD**

- 1-2      Walk Right Forward, Walk Left Forward, Crossing Over Slightly
- 3&4&      Rock Right Forward, Recover Left, Rock Right Back, Recover Left
- 5-6      Walk Right Forward, Walk Left Forward, Crossing Over Slightly
- 7&8      Step Right Forward, Step Left Together, Step Right Forward (Small Steps)

**S 2 [9 -16] SWAY HIPS DIAG FORWARD, RECOVER, TRIPLE, TRIPLE, BACK, TOUCH**

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

**Styling Option: Use Your Hips On Triples , Move Your Arms With Your Body**

**Styling Option angle the back triple and look to the sides**

**S 3 [17 - 24] SIDE, TOGETHER, CHA CHA SIDE, KNEE POP, SIDE, TOGETHER, CHA CHA, SIDE KNEE POP**

- 1- 2      Step Right Side , Step Left Together,
- 3&      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 4 [25-32] 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

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

**Dance Ends On Count 25 Step Right Forward, Cross Left Over For Styling**

**Note There are dances with 48 counts and a restart after 40 counts on wall 2**

**I have written this for the newer dancer. So made it 32 Counts**

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