

Calm Down

LINEDANCE.COM

Count: 48 **Wall:** 2 **Level:** Low Advanced

Choreographer: Jef Camps, Esmeralda v.d. Pol, Jo Kinser (June 2019)

Music: "Calm Down" by Sonny

Intro 16 counts

Section 1: Side Lunge, ¼ Turn Recover & Hitch, Full Turn, Sweep, Syncopated Jazz Box, 1/8 Rock Fwd, Recover, Walk Back, 1/8 Side, Cross, Side

1-2 Rf step side & bend knee while stretching L-leg, ¼ turn L & put weight on LF & hitch R 9:00

a3½ turn L & RF step back, ½ turn L & LF step forward while sweeping RF forward 9:00

4&aRF cross over LF, LF step back, RF step side

5-6-71/8 turn R & LF rock forward, recover on RF, LF step back 10:30

8&a1/8 turn R & RF step side, LF cross over RF, RF step side 12:00

Section 2: Cross, Unwind Full Turn, Side Rock, ¼ Recover, Prissy Walk, ½ Back, ½ Fwd, Sweep, Cross, Scissor Step

1-2-3LF cross over RF & make a full turn R on LF, RF rock side, ¼ turn L & put weight on LF 9:00

4-5-6RF step forward, ½ turn R & LF step back, ½ turn R RF step forward & sweep LF forward 9:00

7-8&aLF cross over RF, RF step side, LF close next to RF, RF cross over LF

Section 3: Modified ½ NC Diamond, ¼ Lift, Syncopated Weave, Sweep, Behind-Side-Forward

1-2aLF big step side, 1/8 turn R & RF step back, LF step back 10:30

3-4a1/8 turn R & RF big step side, 1/8 turn R & LF step forward, RF step forward 1:30

5 1/8 turn R & LF big step side & lift RF while starting to turn 1/4 R on LF

6 & 7 Finish turn & RF step side, LF cross over RF, RF step side, LF cross behind RF & sweep RF back 6:00

8 & RF cross behind LF, LF step side, RF step forward

Section 4: Rock Fwd, Recover/Drag, Back/Drag, Coaster Step, Step Fwd, 3/4 Spiral, Side, 1/8 Fwd, 1/4 Diamond Pattern

1-2-3 LF rock forward, recover on RF & drag L-heel to RF, LF step back & drag R-heel to LF

4 & RF step back, LF close next to RF, RF step forward

5-6-7 LF step forward & make 3/4 spiral turn R, RF step side, 1/8 turn R & LF step forward 4:30

8 & RF step forward, 1/8 turn R & LF step side, 1/8 turn R & RF step back 7:30

Section 5: Point Back, 1/2 Reverse Pivot, Step Back/Drag, Coaster Step, Step Fwd, 1/8 Sway, Sway, Cross, Side

1 LF point back & throw both hands forward to chest level

2 Make 1/2 turn L (weight on RF) while crossing arms with hand palms on chest 1:30

3 LF step back & drop both hands down next to body while dragging RF towards LF

4 & RF step back, LF close next to RF, RF step forward

5-6-7 LF step forward, 1/8 turn L & RF step side & sway R, sway L 12:00

8 & RF cross over LF, LF step side

Section 6: Behind/Sweep, Extended & Syncopated Weave, Cross Rock/Recover, Ball Cross, 1/4 Back, Full Turn, 1/4 Turn

1-2 & RF cross behind LF & LF sweep backwards, LF cross behind RF, RF step side

3a4aLF cross over RF, RF step side, LF cross behind RF, RF step side

5-6a7LF rock across RF, recover on RF, LF close on ball of foot next to RF, RF cross over LF

8&a¼ turn R & LF step back, ½ turn R & RF step forward, ½ turn R & LF step back 3:00

&make an extra ¼ turn R on LF to get in your side lunge to start the next wall 6:00

EXTRA'S

Restart:

In wall 3 after 8 counts there is a step change before you restart the dance again - 12:00

You will have to dance up to count 8 before adding an unwind full turn on the 'a' count by crossing LF over RF & making a full turn R on your LF

Tag: After wall 5 add following steps before starting your next wall 12:00

1-2RF step side & sway R, sway L (weight ends on LF)

Finish: In wall 6 dance up to count 6 of the 3rd section and add following steps to finish to 12:00 6:00

7aLF cross over RF, RF step side

8aLF cross behind RF, ¼ turn R & RF step fwd & sweep LF another ¼ R to the front - 12:00

info@littlejeff.be Jokinser@me.com esmeraldamm@hotmail.com