

Calm Me Down

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

Choreographer: Joshua Talbot & Brett Jenkins, October 2016

Music: Kindly Calm Me Down by Meghan Trainor. Album: Thank You

#16 count intro

[1-9] SIDE, REPLACE, FULL BACK, SIDE, BEHIND, SIDE*, CROSS, REPLACE, $\frac{3}{4}$, $\frac{1}{2}$, LOCK $\frac{1}{4}$

1 2& Step R to R, $\frac{1}{4}$ turn R replace weight back on L, $\frac{1}{2}$ R step R fwd

3 4& $\frac{1}{4}$ R step L to L, step R behind L, step L to L*

5 6&7 Cross R over L, replace weight L, $\frac{1}{4}$ R step R fwd, $\frac{1}{2}$ R step L back

8&1 Sweep R around making $\frac{1}{2}$ turn R stepping R fwd, lock L behind R, $\frac{1}{4}$ turn R step R fwd

[10-16] CROSS, SIDE, BEHIND, BEHIND, $\frac{1}{4}$, WALK WALK, ROCK, RELACE, $\frac{1}{2}$

2&3 Sweep L around to cross step over R, step R to R, step L behind R

4&56 Sweep R around to step behind L, $\frac{1}{4}$ L step L fwd, step R fwd, step L fwd

7&8 Rock R fwd, replace weight L, $\frac{1}{2}$ R step R fwd

[17-24] 1/2 BACK, BACK, COASTER CROSS, SIDE, ROCK BACK, REPLACE, TOUCH FULL UNWIND

&1 2 $\frac{1}{2}$ turn R step L back, step R back, step L back

3&4 Step R back, step L together, step R over L

&5 6 Step L to L, rock R behind L, replace weight L

&7 8 Step R to R, touch L toe behind R, unwind full turn L taking weight L

[25-33] SIDE, ROCK BACK, REPLACE, TOUCH $\frac{3}{4}$ UNWIND, BACK, $\frac{1}{2}$ FWD*, BACK, $\frac{1}{2}$, $\frac{1}{2}$, $\frac{1}{4}$ SIDE

&1 2 Step R to R, rock L behind R, replace weight R

&3 4 Step L to L, touch R behind L, $\frac{3}{4}$ unwind R taking weight back onto L

5&6 Step R back, $\frac{1}{2}$ turn L step L fwd, step R fwd

7 8&1 Replace weight back to L, $\frac{1}{2}$ turn R step R fwd (*), $\frac{1}{2}$ turn R step L back, $\frac{1}{4}$ turn R rock R to R

[34-40] REPLACE, CROSS, SIDE, ¼ REPLACE, TOGETHER, FWD, TOUCH, FWD, TOUCH

- 2&3** Replace weight L, cross step R over L, step L to L
- 4&** Replace weight R as you make a ¼ turn R, step L together
- 5 6 7 8** Step R fwd, touch L together, step L fwd, touch R together

[41-48] BACK, CROSS, BACK, CROSS, ROCK BACK, REPLACE, PIVOT ½

- 1 2&** Step R back to R diagonal, cross step L over R, step R back
- 3 4&** Step L back to L diagonal, cross step R over L, step L back
- 5 6 7 8** Rock R back, replace weight L, step R fwd, ½ turn L taking weight L

[48] counts

Restarts:-

Wall 3; dance to count 4&* then restart to front wall

Wall 6; dance to count 32*, replace the ½ turn on the '&' count with a step fwd to Restart to front

Finish: Start wall 8 facing back; Do first 2 counts, then replace the ½ turn R with a ¼ turn R stepping R to R, cross step L over R, step R to R.

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