

Calm Me Down

48 Count, 2 Wall, Intermediate

Choreographer: Joshua Talbot & Brett Jenkins (AU) Oct 2016

Choreographed to: Kindly Calm Me Down by Meghan Trainor.

Album: Thank You

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| Intro: | 16 count |
| Section 1 | Side, Replace, Full Back, Side, Behind, Side*, Cross, Replace, $\frac{3}{4}$, $\frac{1}{2}$, Lock $\frac{1}{4}$ |
| 12& | Step R to R, $\frac{1}{4}$ turn R replace weight back on L, $\frac{1}{2}$ R step R fwd |
| 34&* | $\frac{1}{4}$ R step L to L, step R behind L, step L to L* |
| 56&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 |
| Section 2 | Cross, Side, Behind, Behind, $\frac{1}{4}$, Walk Walk, Rock, Replace, $\frac{1}{2}$ |
| 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 |
| Section 3 | $\frac{1}{2}$ Back, Back, Coaster Cross, Side, Rock Back, Replace, Touch Full Unwind |
| &12 | $\frac{1}{2}$ turn R step L back, step R back, step L back |
| 3&4 | Step R back, step L together, step R over L |
| &56 | Step L to L, rock R behind L, replace weight L |
| &78 | Step R to R, touch L toe behind R, unwind full turn L taking weight L |
| Section 4 | 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 |
| &12 | Step R to R, rock L behind R, replace weight R |
| &34 | 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 |
| 78*&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 |
| Section 5 | Replace, Cross, Side, $\frac{1}{4}$ 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 $\frac{1}{4}$ turn R, step L together |
| 5678 | Step R fwd, touch L together, step L fwd, touch R together |
| Section 6 | Back, Cross, Back, Cross, Rock Back, Replace, Pivot $\frac{1}{2}$ |
| 12& | Step R back to R diagonal, cross step L over R, step R back |
| 34& | Step L back to L diagonal, cross step R over L, step L back |
| 5678 | Rock R back, replace weight L, step R fwd, $\frac{1}{2}$ turn L taking weight L |
| 48 counts | |
| Restart: | Wall 3; dance to count 4&* then restart to front wall Wall 6; dance to count 32*, replace the $\frac{1}{2}$ 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 $\frac{1}{2}$ turn R with a $\frac{1}{4}$ turn R stepping R to R, cross step L over R, step R to R. |
