



Approved by:

Gaye Teather

Calm And Collected

4 WALL – 64 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 2 3 & 4 5 – 6 Option 7 & 8	Step, Pivot 1/2, Forward Shuffle, Step, Spiral Full Turn, Forward Shuffle Step right forward. Pivot 1/2 turn left. Step right forward. Close left beside right. Step right forward. Step left forward. Spiral full turn right (weight kept left) hooking right in front of left. 5 - 6: Step left forward. Hold. Step right forward. Close left beside right. Step right forward. (6:00)	Step Pivot Right Shuffle Step Spiral Right Shuffle	Turning left Forward Turning right Forward
Section 2 1 – 2 3 – 4 5 – 6 7 – 8	Forward Rock, Walk Back x 2, Back Rock, 1/2 Turn, 1/4 Turn Rock forward on left. Recover onto right. Walk back left. Walk back right. Rock back on left. Recover onto right. Turn 1/2 right stepping left back. Turn 1/4 right stepping right to side. (3:00)	Rock Forward Back Back Rock Back Half Quarter	On the spot Back On the spot Turning right
Section 3 1 – 4 5 – 6 7 & 8	Weave Right, Cross Rock, Chasse Left Cross left over right. Step right to side. Cross left behind right. Step right to side. Cross rock left over right. Recover onto right. Step left to left side. Close right beside left. Step left to left side.	Cross Side Behind Side Cross Rock Chasse Left	Right On the spot Left
Section 4 1 – 2 3 – 4 5 – 6 7 – 8	Cross, 1/4 Turn With Sweep, Cross, Sweep, Diagonal Rocking Chair Cross right over left. Turn 1/4 right on ball of right sweeping left from back to front. Cross left over right. Sweep right from back to front. (6:00) Facing left diagonal, rock forward on right. Recover onto left. Facing left diagonal, rock back on right. Recover onto left.	Cross Quarter Cross Sweep Rock Forward Rock Back	Turning right Right On the spot
Section 5 1 – 2 3 – 4 5 – 6 7 & 8	Jazz Box Cross, Side, Behind, Chasse Right Cross right over left. Step left back (straightening up to 6:00). Step right to right side. Cross left over right. Step right to right side. Cross left behind right. Step right to right side. Close left beside right. Step right to right side.	Cross Back Side Cross Side Behind Chasse Right	On the spot Right
Section 6 1 – 2 3 & 4 5 – 6 Option 7 & 8	Cross Rock, Chasse Left, Cross Unwind Full Turn, Coaster Step Cross rock left over right. Recover onto right. Step left to left side. Close right beside left. Step left to left side. Cross right over left. Unwind full turn left (weight remains on right). 5 - 6: Step right forward. Tap left behind right. Step left back. Step right beside left. Step left forward.	Cross Rock Chasse Left Cross Unwind Coaster Step	On the spot Left Turning left On the spot
Section 7 1 – 2 & 3 – 4 & 5 – 6 & 7 – 8 Option	Dorothy Steps x 3, Side, Drag Step right diagonally forward right. Lock left behind right. Step right beside left. Step left diagonally forward left. Lock right behind left. Step left beside right. Step right diagonally forward right. Lock left behind right. Step right beside left. Step left long step to left side. Drag right towards left (weight remains left). Dorothy steps can be replaced with 3 diagonal step touches.	Right Dorothy Left Dorothy Right Dorothy Side Drag	Forward Left
Section 8 1 – 2 3 – 4 5 – 6 7 – 8	Back, Back, Touch, 1/4 Turn, Back Rock, Walk, Walk Walk back right. Walk back left. Touch right beside left. Turn 1/4 right on ball of left (keeping weight left). (9:00) Rock back on right. Recover onto left. Walk forward right. Walk forward left.	Back Back Touch Turn Rock Back Walk Walk	Back Turning right On the spot Forward

Choreographed by: Gaye Teather (UK) May 2014

Choreographed to: 'Calm After The Storm' by The Common Linnets (120 bpm) from CD Eurovision Song Contest 2014; download available from amazon or iTunes (8 count intro)



A video clip of this dance is available at www.linedancermagazine.com