

Calm Down

48 Count, 2 Wall, Advanced Choreographer: Jef Camps (BE), Esmeralda Van De Pol (NL) and Jo Kinser (UK) Jun 2019

Choreographed to: Calm Down by Sonny

Intro 16 counts

1-2 a3 4&a 5-6-7 8&a	Side Lunge, ¼ Turn Recover & Hitch, Full Turn, Sweep, Syncopated Jazz Box, 1/8 Rock Fwd, Recover, Walk Back, 1/8 Side, Cross, Side Rf step side & bend knee while stretching L-leg, ¼ turn L & put weight on LF & hitch R 9:00 ½ turn L & RF step back, ½ turn L & LF step forward while sweeping RF forward 9:00 RF cross over LF, LF step back, RF step side 1/8 turn R & LF rock forward, recover on RF, LF step back 10:30 1/8 turn R & RF step side, LF cross over RF, RF step side 12:00
S2	Cross, Unwind Full Turn, Side Rock, ¼ Recover, Prissy Walk, ½ Back, ½ Fwd, Sweep, Cross, Scissor Step
1-2-3 4-5-6 7-8&a	LF cross over RF & make a full turn R on LF, RF rock side, ¼ turn L & put weight on LF 9:00 RF step forward, ½ turn R & LF step back, ½ turn R RF step forward & sweep LF forward 9:00 LF cross over RF, RF step side, LF close next to RF, RF cross over LF
S3 1-2a 3-4a 5 6&a7 8&a	Modified ½ NC Diamond, ¼ Lift, Syncopated Weave, Sweep, Behind-Side-Forward LF big step side, 1/8 turn R & RF step back, LF step back 10:30 1/8 turn R & RF big step side, 1/8 turn R & LF step forward, RF step forward 1:30 1/8 turn R & LF big step side & lift RF while starting to turn ¼ R on LF Finish turn & RF step side, LF cross over RF, RF step side, LF cross behind RF & sweep RF back 6:00 RF cross behind LF, LF step side, RF step forward
\$4 1-2-3 4&a 5-6-7 8&a	Rock Fwd, Recover/Drag, Back/Drag, Coaster Step, Step Fwd, ¾ Spiral, Side, 1/8 Fwd, ¼ Diamond Pattern LF rock forward, recover on RF & drag L-heel to RF, LF step back & drag R- heel to LF RF step back, LF close next to RF, RF step forward LF step forward & make ¾ spiral turn R, RF step side, 1/8 turn R & LF step forward 4:30 RF step forward, 1/8 turn R & LF step side, 1/8 turn R & RF step back 7:30
\$5 1 2 3 4&a 5-6-7 8a	Point Back, ½ Reverse Pivot, Step Back/Drag, Coaster Step, Step Fwd, 1/8 Sway, Sway, Cross, Side LF point back & throw both hands forward to chest level Make ½ turn L (weight on RF) while crossing arms with hand palms on chest 1:30 LF step back & drop both hands down next to body while dragging RF towards LF RF step back, LF close next to RF, RF step forward LF step forward, 1/8 turn L & RF step side & sway R, sway L 12:00 RF cross over LF, LF step side
\$6 1-2a 3a4a 5-6a7 8&a &	Behind/Sweep, Extended & Syncopated Weave, Cross Rock/Recover, Ball Cross, ¼ Back, Full Turn, ¼ Turn RF cross behind LF & LF sweep backwards, LF cross behind RF, RF step side LF cross over RF, RF step side, LF cross behind RF, RF step side LF rock across RF, recover on RF, LF close on ball of foot next to RF, RF cross over LF ¼ 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

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

RF 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

7a LF cross over RF, RF step side

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



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