



Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 HEEL, HIP BUMP, HEEL, HIP BUMP, BALL WALK WALK, POINT AND HITCH

- 1&2 R heel to R diagonal, Bump hip to R diagonal, Bump hip back
&3&4 R next L, L heel to L diagonal, Bump hip to L diagonal, Bump hip back
&5-6 L next R, Step R forward, Step L forward
7&8& Point R to R, R next L, Hitch L, Step L next R

SEC 2 STOMP, BOUNCES $\frac{1}{4}$, SIDE, BEHIND SIDE CROSS AND CROSS $\frac{1}{4}$

- 1-2-3-4 Stomp R forward, Bounce heels doing $\frac{1}{4}$ L weight on L (9:00)
5-6&7 Step R to R, Cross L behind R, $\frac{1}{8}$ L Step R to R, $\frac{1}{8}$ L Cross L over R (6:00)
&8 Step R to R, Cross L over R

SEC 3 DOROTHY STEPS, ROCK, RECOVER, SHUFFLE $\frac{1}{2}$

- 1-2& Step R to R diagonal, Step L behind R, Step R to R
3-4& Step L to L diagonal, Step R behind L, Step L to L
5-6 Rock R forward, Recover
7&8 $\frac{1}{4}$ R step R to R, Step L next R, $\frac{1}{4}$ R Step R forward (12:00)

SEC 4 STEP, $\frac{1}{4}$ SIDE, CROSS SHUFFLE, CIRCLES JUMPS $\frac{1}{4}$

- 1-2 Step L forward, $\frac{1}{4}$ R Step R to R, (3:00)
3&4 Cross L over R, Step R to R, Cross L over R
&5&6 Step R to R diagonal forward Step L next R, Step R to L diagonal forward, Step L next R
&7&8 $\frac{1}{4}$ R Step R to R diagonal back, Step L next R, Step R to R diagonal forward, Step L next R (6:00)

Tag At the end of Walls 1, 4 and 7

SIDE, TOGETHER X4, POINT & HITCH, POINT & HITCH &

- 1&2& Step R to R, Step L next R, Step R to R, Step L next R
3&4& Step R to R, Step L next R, Step R to R, Step L next R

Option While travelling to the R, go lower and lower by bending your knees

- 5&6& Point R to R, R next L, Hitch R, Step R next L

Option As your knees are bent, point to the sides while staying this position but go up when you hitch

- 7&8& Point L to L, L next R, Hitch L, Step L next R

Option As your knees are bent, point to the sides while staying this position but go up when you hitch



Calm Down

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STEP, TOUCH X4, STEP ½, WALK WALK

1&2& Step R to R diagonal, Touch L next R, Step L to L diagonal, Touch R next L

3&4& Step R to R diagonal, Touch L next R, Step L to L diagonal, Touch R next L

Option Open your knees while stepping forward and close them when you bring the foot next to the other

5-6 Step R forward, ½ L Step L forward

7-8 Walk R, L

SIDE, TOGETHER X4, POINT & HITCH, POINT & HITCH &

1&2& Step R to R, Step L next R, Step R to R, Step L next R

3&4& Step R to R, Step L next R, Step R to R, Step L next R

Option While travelling to the R, go lower and lower by bending your knees

5&6& Point R to R, R next L, Hitch R, Step R next L

Option As your knees are bent, point to the sides while staying this position but go up when you hitch

7&8& Point L to L, L next R, Hitch L, Step L next R

Option As your knees are bent, point to the sides while staying this position but go up when you hitch

STEP, TOUCH X4, STEP ½, WALK WALK

1&2& Step R to R diagonal, Touch L next R, Step L to L diagonal, Touch R next L

3&4& Step R to R diagonal, Touch L next R, Step L to L diagonal, Touch R next L

Option Open your knees while stepping forward and close them when you bring the foot next to the other

5-6 Step R forward, ½ L Step L forward

7-8 Walk R, L

