

Calm Down



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Choreographed by: Jean-Pierre Madge (CH) Nov 2022

Choreographed to: Calm Down by Rema
Intro: 32 Counts. Start at approx 18 secs.

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

SEC 1 1&2 &3&4 &5-6 7&8&	HEEL, HIP BUMP, HEEL, HIP BUMP, BALL WALK WALK, POINT AND HITCH R heel to R diagonal, Bump hip to R diagonal, Bump hip back R next L, L heel to L diagonal, Bump hip to L diagonal, Bump hip back L next R, Step R forward, Step L forward Point R to R, R next L, Hitch L, Step L next R
SEC 2 1-2-3-4 5-6&7 &8	STOMP, BOUNCES ¼, SIDE, BEHIND SIDE CROSS AND CROSS ¼ Stomp R forward, Bounce heels doing ¼ L weight on L (9:00) Step R to R, Cross L behind R, ½ L Step R to R, ½ L Cross L over R (6:00) Step R to R, Cross L over R
SEC 3 1-2& 3-4& 5-6 7&8	DOROTHY STEPS, ROCK, RECOVER, SHUFFLE ½ Step R to R diagonal, Step L behind R, Step R to R Step L to L diagonal, Step R behind L, Step L to L Rock R forward, Recover ¼ R step R to R, Step L next R, ¼ R Step R forward (12:00)
SEC 4 1-2 3&4 &5&6 &7&8	STEP, 1/4 SIDE, CROSS SHUFFLE, CIRCLES JUMPS 1/4 Step L forward, 1/4 R Step R to R, (3:00) Cross L over R, Step R to R, Cross L over R Step R to R diagonal forward Step L next R, Step R to L diagonal forward, Step L next R 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 1&2& 3&4& Option	At the end of Walls 1, 4 and 7 SIDE, TOGETHER X4, POINT & HITCH, POINT & HITCH & Step R to R, Step L next R, Step R to R, Step L next R Step R to R, Step L next R, Step R to R, Step L next R While travelling to the R, go lower and lower by bending your knees
5&6& Option 7&8& Option	Point R to R, R next L, Hitch R, Step R next L As your knees are bent, point to the sides while staying this position but go up when you hitch Point L to L, L next R, Hitch L, Step L next R As your knees are bent, point to the sides while staying this position but go up when you hitch

Calm Down

Continues... Page 1 of 2



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Calm Down

Continued... Page 2 of 2

1&2& 3&4& Optio 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
Optio	n 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
Optio	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
Optio	n 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
Optio	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

