



CALM DOWN

Choreographed by

Jef Camps, Esmeralda van de Pol, Jo Kinser (June 2019)

Choreographed to

"Calm Down" by Sonny

Intro 16 counts

48 COUNTS – LOWER ADVANCED LEVEL – 2 WALL

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

EXTRA'S

Restart	In wall 3 after 8 counts there is a step change before you restart the dance again 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	12:00
Tag:	After wall 5 add following steps before starting your next wall	12:00
1-2	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	
8a	LF cross behind RF, ¼ turn R & RF step fwd & sweep LF another ¼ R to the front	12:00