

# CALM ME DOWN

**Choreographer:** Joshua Talbot & Brett Jenkins, October 2016

Sheet written 18/10/16

**Description:** 48 count, 2 wall Intermediate

**Music:** Kindly Calm Me Down by Meghan Trainor

**Album:** Thank You

Video Available on [facebook.com/jbtalbotlinedancers](https://www.facebook.com/jbtalbotlinedancers)

[www.jbtalbot.com](http://www.jbtalbot.com)

[www.brettjenkins.com](http://www.brettjenkins.com)

YouTube video on account '[helennq27](https://www.youtube.com/channel/UChele27)'

## 16 count intro

**1-9** **SIDE, REPLACE, FULL BACK, SIDE, BEHIND, SIDE\*, CROSS, REPLACE,  $\frac{3}{4}$ ,  $\frac{1}{2}$ , LOCK  $\frac{1}{4}$**

12& Step R to R,  $\frac{1}{4}$  turn R replace weight back on L,  $\frac{1}{2}$  R step R fwd

34&\*  $\frac{1}{4}$  R step L to L, step R behind L, step L to L\*

56&7 Cross R over L, replace weight L,  $\frac{1}{4}$  R step R fwd,  $\frac{1}{2}$  R step L back

8&1 Sweep R around making  $\frac{1}{2}$  turn R stepping R fwd, lock L behind R,  $\frac{1}{4}$  turn R step R fwd

**10-16** **CROSS, SIDE, BEHIND, BEHIND,  $\frac{1}{4}$ , WALK WALK, ROCK, RELACE,  $\frac{1}{2}$**

2&3 Sweep L around to cross step over R, step R to R, step L behind R

4&56 Sweep R around to step behind L,  $\frac{1}{4}$  L step L fwd, step R fwd, step L fwd

7&8 Rock R fwd, replace weight L,  $\frac{1}{2}$  R step R fwd

**17-24**  **$\frac{1}{2}$  BACK, BACK, COASTER CROSS, SIDE, ROCK BACK, REPLACE, TOUCH FULL UNWIND**

&12  $\frac{1}{2}$  turn R step L back, step R back, step L back

3&4 Step R back, step L together, step R over L

&56 Step L to L, rock R behind L, replace weight L

&78 Step R to R, touch L toe behind R, unwind full turn L taking weight L

**25-33** **SIDE, ROCK BACK, REPLACE, TOUCH  $\frac{3}{4}$  UNWIND, BACK,  $\frac{1}{2}$  FWD\*, BACK,  $\frac{1}{2}$ ,  $\frac{1}{2}$ ,  $\frac{1}{4}$  SIDE**

&12 Step R to R, rock L behind R, replace weight R

&34 Step L to L, touch R behind L,  $\frac{3}{4}$  unwind R taking weight back onto L

5&6 Step R back,  $\frac{1}{2}$  turn L step L fwd, step R fwd

78\*&1 Replace weight back to L,  $\frac{1}{2}$  turn R step R fwd\*,  $\frac{1}{2}$  turn R step L back,  $\frac{1}{4}$  turn R rock R to R

**34-40** **REPLACE, CROSS, SIDE,  $\frac{1}{4}$  REPLACE, TOGETHER, FWD, TOUCH, FWD, TOUCH**

2&3 Replace weight L, cross step R over L, step L to L

4& Replace weight R as you make a  $\frac{1}{4}$  turn R, step L together

5678 Step R fwd, touch L together, step L fwd, touch R together

**41-48** **BACK, CROSS, BACK, CROSS, ROCK BACK, REPLACE, PIVOT  $\frac{1}{2}$**

12& Step R back to R diagonal, cross step L over R, step R back

34& Step L back to L diagonal, cross step R over L, step L back

5678 Rock R back, replace weight L, step R fwd,  $\frac{1}{2}$  turn L taking weight L

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## 48 counts

**Restart:** Wall 3; dance to count 4&\* then restart to front wall

Wall 6; dance to count 32\*, replace the  $\frac{1}{2}$  turn on the '&' count with a step fwd to restart to front

**Finish:** Start wall 8 facing back; Do first 2 counts, then replace the  $\frac{1}{2}$  turn R with a  $\frac{1}{4}$  turn R stepping R to R, cross step L over R, step R to R.

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