

YOU NEED TO CALM DOWN

Count: 48. Wall: 2. Level: Intermediate

Choreographer: Adrian Lefebour (AUS) & Jessica Lamb (AUS) - July 2019

Music: You Need To Calm Down by Taylor Swift. Album: Lover

INTRO: 16 count from the start of the song. Start on vocals

CROSS ROCK, RECOVER-&-CROSS ROCK, RECOVER-&-STEP, PIVOT 1/2 LEFT-&-PIVOT 1/2 RIGHT-&

- 1,2& Cross Rock R over L, Recover onto L, Step R to right
- 3,4& Cross Rock L over R, Recover onto R, Step L to left
- 5,6& Step R forward, Pivot ½ left, Step R beside L [6:00]
- 7,8& Step L forward, Pivot ½ right, Step L beside R [12:00]

BACK/KNEE POP, TRIPLE, ROCK BACK, RECOVER, STEP-LOCK-STEP, STEP

- 1 Step R back pop L knee
- 2&3 Step L back pop R knee, Step R beside L, Step L beside R pop R knee
- 4,5 Rock R back, Recover onto L
- 6&7 Step R forward, Lock L behind R, Step R forward
- 8 Step L forward

SIDE/GLIDE, 1/4 LEFT/GLIDE-&-STEP-&-ROCK FORWARD, RECOVER, 1/2 LEFT, 1/4 LEFT ROCK, RECOVER, CROSS-1/4 RIGHT-1/4 RIGHT

- 1 Step R to right dragging L towards R
- 2&3 Turn ¼ left step L to left dragging R towards L, Step R beside L, Step L forward [9:00]
- &4,5 Step R beside L, Rock L forward, Recover onto R
- 6&7 Turn ½ left step L forward (3.00), Turn ¼ left rock R to right, Recover onto L (12.00)
- 8&1 Cross R over L, Turn ¼ right step L back [3:00], Turn ¼ right step R to right [6:00]

STYLING: on count 1 (step to right)- Push R palm forward

SWIVEL IN-HEEL-TOE-HEEL, CHASSE RIGHT, ROLL LEFT-1/4,1/2,1/4

- 2&3 Swivel R heel in, Swivel R toe in, Swivel R heel in (weight on L)
- 4&5 Step R to right, Step L beside R, Step R to right
- 6,7,8 Turn ¼ left step L forward, Turn ½ left step R back, Turn ¼ left step L to left [6:00]

ENDING: Wall 5 – see below

CROSS-SIDE-BEHIND-1/4 LEFT-STEP-PIVOT 1/4 LEFT-CROSS-SIDE-BEHIND-1/4 LEFT-STEP-PIVOT 1/4 LEFT-CROSS-SIDE-ROCK BACK, RECOVER-

- 1&2& Cross R over L, Step L to left, Step R behind L, Turn ¼ left step L forward [9:00]
- 3& Step R forward, Pivot ¼ left [12:00]
- 4&5& Cross R over L, Step L to left, Step R behind L, Turn ¼ left step L forward [3:00]
- 6& Step R forward, Pivot ¼ left [6:00]
- 7& Cross R over L, Step L to left

RESTART: Wall 2 – see below

- 8& Rock R back, Recover onto L

SIDE/Drag, ROCK BACK-RECOVER-SIDE/Drag, ROCK BACK-RECOVER-V STEP-CROSS-SIDE-FLICK

- 1,2& Step R to right dragging L towards L, Rock L back, Recover onto R
- 3,4& Step L to left dragging R towards R, Rock R back, Recover onto L
- 5&6& Step R forward 45° right, Step L forward 45° left, Step R back to centre, Step L beside R
- 7&8 Cross R over L, Step L to left, Flick R back [6:00]

64 REPEAT

CONTINUED OVER

**RESTART: Wall 2 – Start wall at 6.00 - Dance to count 39& then:
8& STEP R BEHIND L, STEP L SLIGHTLY TO LEFT and start dance facing 12.00**

**ENDING: Wall 5 - Dance to count 32, then
HITCH 1/2 LEFT, STEP R TO RIGHT and push hand forward to finish at front.**

Last Update - 10 July 2019