

# YOU NEED TO CALM DOWN

**Choreographer:** Adrian Lefebour & Jessica Lamb (AUS), JULY 2019

**Song:** You Need To Calm Down (2.51) **Artist:** Taylor Swift **Album:** Lover

**Step Description:** 2 Wall, 48 Count, Intermediate Line Dance

**Notes:** 16 count intro from the start of the song

BEATS	DESCRIPTION
<b>1-8</b>	<b>Cross Rock, Replace, Step Side, Cross Rock, Replace, Step Side, 1/2 Pivot Turn, Together, 1/2 Pivot Turn, Together</b>
1,2&	Cross Rock R over L, Replace weight on L, Step R to R side
3,4&	Cross Rock L over R, Replace weight on R, Step L to L side
5,6&	Step R fwd, 1/2 Pivot turn L, Step R next to L (weight on R) (6.00)
7,8&	Step L fwd 1/2 Pivot turn R, Step L next to R (weight on L) (12.00)
<b>9-16</b>	<b>Step Back/Pop L Knee, Triple Step, Rock Back, Replace, Step Lock Step, Step Fwd</b>
1,2&3	Step R back and Pop L knee fwd, Step L back, Take weight fwd on R, Take weight on L
4,5	Rock R back, Replace weight fwd on L
6&7,8	Step R fwd, Lock L behind R, Step R fwd, Step L fwd
<b>17-25</b>	<b>1/4 Turn Glide, Shuffle Fwd, Replace, 1/2 Turn, 1/4 Turn, Replace, Cross Step, 1/4 Turn, 1/4 Turn with Hand Fwd</b>
1&2&	Step R to R side, Drag L towards R, 1/4 Turn L step L to L side, Drag R towards L, Step R next to L (9.00)
3&4	Shuffle L fwd – Step L fwd, Step R next to L, Step L fwd (weight on L)
5,6&7	Replace weight back on R, 1/2 Turn L step L fwd (3.00), 1/4 Turn L step on ball on R, Replace weight on L (12.00)
8&1	Step R across L, 1/4 Turn R step L back (3.00), 1/4 Turn R step R to R side and push R palm fwd (6.00)
<b>26-32</b>	<b>Heel/Toe Swivel, Side Shuffle/Prep, Full Turn L</b>
2&3	Swivel R heel in, Swivel R toe in, Swivel R heel in
4&5	Step R to R side, Step L next R, Step R to R side/Prep
6,7,8	1/4 Turn L Step L fwd (3.00), 1/2 Turn L step R back (9.00), 1/4 Turn L step L to L side (6.00)
<b>33-40</b>	<b>Step Across, Side, Behind, 1/4 Turn, 1/4 Paddle Turn – Repeat, Step Across, Side, Rock Back, Replace (Restart)</b>
1&2&	Step R across L, Step L to L side, Step L behind R, 1/4 Turn L step L fwd (9.00)
3&	Step R fwd, 1/4 Paddle turn L (12.00)
4&5&	Step R across L, Step L to L side, Step L behind R, 1/4 Turn L step L fwd (3.00)
6&7&8&	Step R fwd, 1/4 Paddle turn L (6.00), Step R across L, Step L to L side, Rock R back, Replace weight on L
<b>41-48</b>	<b>Step Side/Drag, Rock Back, Replace – Repeat on L, V Step, Step Across, Side, Flick R Foot Back</b>
1,2&	Step R to R side whilst dragging L towards L, Rock L back, Replace weight on R
3,4&	Step L to L side whilst dragging R towards R, Rock R back, Replace weight on L
5&6&	Step R fwd on R 45, Step L fwd on L 45, Step R back to centre, Step L back to centre (weight on L)
7&8	Step R across L, Step L to L side, Flick R foot back (6.00)

**RESTART – Wall 2 – Start dance at 6.00 wall.**

Do to count 39& then step R behind L, Step L slightly to L and start dance again at 12.00 wall

**FINISH – Wall 5**

Dance to count 32, then do a 1/2 turn hitch L step R to R side and push hand fwd to finish at front.