

# You Need To Calm Down

Count: 48 Wall: 2 Level: Intermediate

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

Music: You Need To Calm Down - Taylor Swift. Album: Lover (2.51) iTunes



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

**[1-8] Cross Rock, Replace, Step Side, Cross Rock, Replace, Step Side, 1/2 Pivot Turn, Together, 1/2 Pivot Turn, Together**

- 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)

**[9-16] Step Back/Pop L Knee, Triple Step, Rock Back, Replace, Step Lock Step, Step Fwd**

- 1,2&3 Step R back and Pop L knee fwd, Step L back pop R knee, 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

**[17-25] Step Side, Glide, 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**

- 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)

**[26-32] Heel/Toe Swivel, Side Shuffle/Prep, Full Turn L**

- 2&3 Swivel R heel in, Swivel R toe in, Swivel R heel in (weight on L)  
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)

**[33-40] Step Across, Side, Behind, 1/4 Turn, 1/4 Paddle Turn – Repeat, Step Across, Side, Rock Back, Replace (Restart)**

- 1&2& Step R across L, Step L to L side, Step R behind L, 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 R behind L, 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

**[41-48] Step Side/Drag, Rock Back, Replace – Repeat on L, V Step, Step Across, Side, Flick R Foot Back**

- 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.**

**Last Update - 10 July 2019**