

YOU NEED TO CALM DOWN

Level: Advanced **Genre:** Pop
Artist: Taylor Swift
Choreo: Peter Wee/ Cheryl Holland/ John Bishop
Speed: Normal to Plus 5% **Length:** 2:48
Sequence: A B C Br A B C D C Ending
Wait: 16 Beats

Quick Cues

Quick Cues

Part A (32 Beats)

8 Goodbye (1/4R)
8 Stomp MJ Tennessee Slide (3/4L)
16 REPEAT

Part B (16 Beats)

8 Sophie Repeater
8 Gregory Saturday

Part B (16 Beats)

8 Sophie Repeater
8 Gregory Saturday

Part C (32 Beats)

8 Skip Toe Hop (1/2L)
8 Calm Down
16 REPEAT

Part C (32 Beats)

8 Skip Toe Hop (1/2L)
8 Calm Down
16 REPEAT

Part D (16 Beats)

8 2 Heel Corn Dog Skuff
8 Twin Finn Gallop

Br (8 Beats)

8 Rock Tennessee Rocker

Part C (32 Beats)

8 Skip Toe Hop (1/2L)
8 Calm Down
16 REPEAT

Part A (32 Beats)

8 Goodbye (1/4R)
8 Stomp MJ Tennessee Slide (3/4L)
16 REPEAT

Ending (1 Beat)

1 Rock Stomp



Amended 13 March 2023

Step Descriptions for "You Need To Calm Down"

GOODBYE: (In this dance, (XIF) on beat 3 move to L on '1 to 4' & 1/4R on '&5')

DS TnUp-TnDn T-BA H-BA-DR S TnDn H(WGT) H-BA SLAP BA S
L R R L L R R R L R L R R L L R
&1 e&a2 e&a3 e & a 4 & 5 e&a6 & a 7 e & 8

STOMP MJ TENNESSEE SLIDE:(In this dance 3/4L on beat 3)

(P) STO DS(XIB) R S(OTS) (P) S RS TnDn TnDn BA-SL
L R L R L RL R L R R
& 1 &2 & 3 & 4 &5 e&a6 e&a7 & 8

SOPHIE REPEATER

DS TnDn(XIF) T-BA H-BA T-BA H-S TnDn(XIF) T-BA H-BA T-BA H-S TnDn(XIF)
L R L L R R L L R R L R R L L R R L L R
&1 e&a2 e & a 3 e & a 4 e&a5 e & a 6 e & a 7 e&a8

GREGORY SATURDAY

DBL-BA TCHH(OTS) LIFT/CLK (R H to L H) BA BA BA BA TCHH(OTS) LIFT/CLK (R H to L H)
L L R L / R R L R L R L / R
&a 1 e & a 2 & 3 e &
BA BA BA BA DBL-BA(OTS) TCH(XIF) BA DBL-BA(OTS) TCH(XIF) LIFT/SL
R L R L R R L L R R L L /R
a 4 & 5 e& a 6 & a7 e & 8

SKIP TOE HOP:(In this dance 1/2L on beats '5 to 7')

R S(OTS) SL S(OTS) SL BA H-BA H-BA (P) BA TT(BK) HOP BA TT(BK) HOP BA TT(BK) HOP STA
L R R L L R L L R R L R L R L R L R L R
& 1 & 2 & 3 e & a 4 & 5 e & 6 e & 7 e & 8

CALM DOWN:

(P) K/BA(BK) SLAP-BA TCH SL S(FWD) BA(BK) /K-SLAP-BA TCH SL
L/R L L R L R L /R R R L R
& 1 e & a 2 & 3 e & a 4
H-S BA H-BA H-S BA H-BA
L L R L L R R L R R
& 5 & a 6 & 7 & a 8

ROCK TENNESSEE ROCKER:

R S TnDn R S TnDn R S TnDn TnDn R S
L R L R L R L R L R L R
& 1 e&a2 & 3 e&a4 & 5 e&a6 e&a7 & 8

HEEL CORN DOG SKUFF:

H-S H(WGT) H-BA RS SK H
L L R L L RL R L
& 1 & a 2 &3 & 4

TWIN FINN GALLOP:

DS(XIB) R(OTS) H(WGT & T IN) FL(T OUT) TT(BK) FL(T IN) S R H(WGT & T IN)
L R L L R L R L R L R L R
&1 & 2 & 3 & 4 & 5
FL(T OUT) TT(BK) FL(T IN) TT-BA H-BA
R L R L L R R
& 6 & 7 & a 8

ROCK STOMP:

R STO(OTS)
L R
& 1