At Your Worst



Count: 32 Wand: 4 Ebene: High Beginner

Choreograf/in: Rikke Aaris Sylvestersen (DK) - February 2024

Musik: At Your Worst - Calum Scott : (iTunes)



#4 Counts intro - app. 5 sec. - begin on the word "Worst"

NO TAGS AND NO RESTARTS

[1-8] WALK R FW, WALK L FW, SHUFFLE FW, ROCK L, CHASSE 1/4 L

1 – 2	Step fw on	R, Step fw on L
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3 & 4 Step fw on R, Step L next to R, Step fw on R

5 – 6 Rock fw on L, Recover on R

7 & 8 Turn ½ L Step L to L side, Step R next to L, Step L to L side (9:00)

[9-16] R CROSS ROCK, R SIDE ROCK, R SAILOR STEP, 1/2 UNWIND L

1 – 4 Cross Rock R infront of L, Recover on L, Rock R to R side, Reco	cover on L
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5 & 6 Sweep R behind L, Step L small step to L, Step R to R 7 – 8 Touch L behind R, Unwind ½ L step down on L foot (3:00)

[17-24] ROCKING CHAIR, SAMBA STEP X2

1 – 4	Rock fw on R, Recover on L, Rock back on R, Recover on L
5 & 6	Cross R in front of L, Rock L to L side, Step R to R diagonal (4:30)
7 & 8	Cross L in front of R, Rock R to R side, Step L to L diagonal (1:30)

[25-32] WEAVE L, SWEEP L, BEHIND SIDE CROSS, SWEEP R

1 – 4	Cross	R in tron	t of L, Step	L to	L side, cross l	R behind L,	Sweep	L from front to ba	ack
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5 – 8 Cross L behind R, Step R to R side, Cross L in front of R, Sweep R from back to front (3:00)

ENJOY

ENDING: After Wall 10 - start (3:00) ends (6:00) make a ½ Pivot L

1 – 2 Step fw on R, Turn ½ L step fw on L

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