

The Worst

Count: 32

Wall: 4

Level: High Beginner / Low Improver

Choreographer: Helaine Norman (USA) - April 2024

Music: Worst I Ever Had - Sunday Rose



INTRO: 16 - No tags or restarts

OVER, KICK, BEHIND, SIDE; OVER, KICK, BEHIND, 1/4 L-TURN

- 1-2 Step R over, kick L diagonally
- 3-4 Step L behind, step R side
- 5-6 Step L over, kick R diagonally
- 7-8 Step R behind, making ¼ turn left step L forward (slightly) (9:00)

PIVOT 1/2 L-TURN, SHUFFLE; PIVOT ¼ R-TURN, CROSSING SHUFFLE

- 1-2 Making 1/2 turn left step R forward, weight to L (3:00)
- 3&4 Step R forward, step L together, step R forward
- 3-4 Making ¼ turn R step L forward, weight to R (6:00)
- 5&6 Step L over, step R side, step L over

ROCK, RECOVER, BEHIND, SIDE, OVER; SIDE, TOUCH, TOUCH, KICK

- 1-2 Rock R side, recover to L
 - 3&4 Step R behind, step L side, step R over
 - 5-8 Step L side, touch R side, touch R together, kick R forward
- Optional for counts 5-8: Step L side (5), hold (6), step on R ball beside L (&), step L side (7), brush R forward (8)

ROCK, RECOVER, BACK-COASTER; JAZZ BOX ¼ L-TURN ENDING WITH TOUCH

- 1-2 Rock R forward, recover to L
 - 3&4 Step R back, step L together, step R forward
 - 5-8 Step L over, step R back, making ¼ turn left step L side, touch R together
- Optional for count 8: Brush or scuff R over in preparation for the step R over on count 1.

REPEAT

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