

# At My Worst

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Sally Hung (TW) - June 2021  
音乐: At My Worst (Cha Cha Style) (feat. DJ Romar) - Pink Sweat\$



**Intro: 32 counts from heavy beats - No Tag, No Restart**

**S1. SIDE, BEHIND TOUCH, SIDE, BEHIND TOUCH, WALK BACK R-L-R, POINT**

1,2,3,4      Step R to the side, touch L behind R, step L to the side, touch R behind L  
5,6,7,8      Walk back on R-L-R, touch L toe to L side

**S2. CROSS, POINT, ¼ R, POINT, FWD ROCK, RECOVER, BACK, TOUCH TOGETHER**

1,2,3,4      Cross step L over R, touch R toe to the R, ¼ R stepping R fwd, touch L to the L  
5,6,7,8      Rock L fwd, recover onto R, step back on L, touch R together

**S3. HALF RUMBA BOX FWD, ¼ L, ½ L, BACK, POINT**

1,2,3,4      Step R to the side, step L together, step R fwd, touch L beside R  
5,6,7,8      ¼ L stepping L fwd, ½ L stepping R fwd, step back on L, touch R toe to the R

**S4. V STEP, ¼ L, TOGETHER, HEEL BOUNCES TWICE**

1,2,3,4      Step R to R diagonal, step L to L (shoulder width), step back R to the center, step L beside  
R  
5,6,7,8      ¼ L, step L together, heel bounces twice

**Happy Dancing!**

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