

At My Worst

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Beginner
编舞者: Ika Suherman (INA) & Rika Fenita (INA) - December 2024
音乐: At My Worst (feat. TIN) - Pink Sweat\$



No tag/no Restart
Start dance on vocal

S1. LOCK STEP – SHUFFLE FORWARD

1 – 2 Step fwd to diagonal right on R (1), Step L behind R (2)
3 & 4 Step fwd on R (3), Step L behind R (&), Step fwd on R (4)
5 – 6 Step fwd to diagonal left on L (5), Step R behind L (6)
7 & 8 Step fwd on L (7), Step R behind L (&), Step fwd on L (8)

S2. FORWARD MAMBO, MAMBO BACK, PIVOT ½ R , PRISSY WALK RL

1&2 Rock RF Forward (1), Recover on LF (&), Step RF Backward (2)
3&4 Rock LF back (3), recover right (&), step LF forward (4)
5 - 6 Step R Forward, 1/2 turn left stepping L in place (06.00)
7 - 8 Step R forward slightly cross over LF (7) - Step L forward slightly cross over RF (8)

S3. Side Rock, Recover, Behind, Side, Fwd) R, L

1 - 2 Rock RF to R (1), Recover LF (2),
3&4 Cross RF behind LF (3), Step LF to L(&), Cross RF over LF (4)
5 - 6 Rock LF to L (5), Recover RF (6)
7&8 Cross LF behind RF (7), Step RF to R (&), Cross LF over RF (8)

S4. ROCK RECOVER SHUFFLE BACK, ROCK RECOVER SHUFFLE FORWARD

1-2 Rock forward on RF (1), recover on LF (2)
3&4 Step back on RF (3), step LF next to RF (&), step back on RF (4)
5-6 Rock back on LF (5), recover on RF (6)
7&8 Step forward on LF (7), step RF next to LF (&), step forward on LF (8)

Have fun & enjoy

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