

AB Sync or Swim

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Sue Korek (USA) - 21 December 2024
音乐: There's Nothing Holdin' Me Back - Shawn Mendes
或: At Your Worst - Calum Scott



Alternate Music:

At Your Worst (Calum Scott—18 August 2023) bpm=120, Intro: on lyric "Worst..." about 4 seconds

No tags, no restarts

Intro: 16 counts

Section 1 (STEP TOUCHES DIAGONAL, BASIC RIGHT)

1-2 Step R diagonal forward, touch L beside R
3-4 Step L diagonal back, touch R beside L
5-6 Step R right, step L beside R
7-8 Step R right, touch L beside R

Section 2 (STEP TOUCHES DIAGONAL, BASIC LEFT ¼ TURN LEFT)

1-2 Step L diagonal forward, touch R beside L
3-4 Step R diagonal back, touch L beside R
5-6 Step L left, step R beside L
7-8 ¼ turn left step L, touch R beside L

Section 3 (FORWARD RIGHT RUMBA BOX WITH KICK, HITCH)

1-2 Step R to right side, step L beside R
3-4 Step R to forward, kick L forward
5-6 Step L to left side, step R beside L
7-8 Step L backward, hitch R

Section 4 (TWO ROCKING CHAIRS)

1-2 Rock R forward, recover L
3-4 Rock R backward, recover L
5-6 Rock R forward, recover L
7-8 Rock R backward, recover L

Enjoy this fun Absolute Beginner dance.

Contact: suekorek@gmail.com

Last Update: 22 Mar 2025
