

I'm Worth It

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate / Advanced
編舞者: Adam Åstmar (SWE) - April 2015
音樂: Worth It - Fifth Harmony



Intro: 16 Count

Sect – 1: KICK, ROCK BACK, RECOVER, HIP BUMPS, BALL, 1 / 2 TURN, HOOK, STEP, SHUFFLE

- 1 & 2 Kick R forward, step R back leaning your body slightly back, recover to L and keep leaning your body back
- & 3 & 4 Bump hips L, R, L, R and recover your body to normal position while doing this, end hip bumps with weight on R
- & 5 & 6 Step ball of L next to R, step R forward and turn 1 / 2 to the left, hook L over R while turning to the left on count '&', step L forward (6:00)
- 7 & 8 Step R forward, step L behind R, step R forward

Sect – 2: MAMBO 1 / 4 STEP, CROSS SHUFFLE, CROSS STEP, TOUCH BEHIND, STEP, SIDE STEP, CROSS STEP, SIDE STEP

- 1 & 2 Rock L forward, recover to R, step L back turning 1 / 4 to the left (3:00)
- 3 & 4 Cross R over L, step L behind R, cross R over L
- & 5 & 6 Step L behind R, cross step R over L, touch L behind R, step L in place
- & 7 – 8 Step R to right side, cross L over R, step R to right side

Sect – 3: SAILOR 1 / 4 TURN, STEP, HITCH, BACK, SHUFFLE 1 / 2 TURN, MAMBO STEP

- 1 & 2 Sweep L behind R, turn 1 / 4 to the left stepping R next to L, step L forward (12:00)
- 3 – 4 Step R forward, hitch L forward, step L back
- 5 & 6 Shuffle 1 / 2 to the right stepping R, L, R (6:00)
- 7 & 8 Rock L forward, recover to R, step L back

Sect – 4: WALK BACK X3, COASTER STEP, PADDLE 1 / 4 TURN X3, CROSS KICK, BALL

- & 1 – 2 Walk back stepping R, L, R
- 3 & 4 Step L back, step R next to L, step L forward
- 5 – 6 – 7 Step R forward and paddle 1 / 4 to the left x3 (9:00)
- 8 & Cross kick R over L, step ball of R next to L while facing diagonally to the left (7:30)

Sect – 5: ROCK, RECOVER 1 / 8 TURN, BEHIND, SIDE, CROSS STEP, CROSS ROCK, RECOVER, BALL, WALK X2

- 1 – 2 Rock L forward, recover to R turning 1 / 8 to right side (9:00)
- 3 & 4 Step L behind R, step R to right side, cross L over R
- & 5 – 6 Step R behind L, cross rock L over R, recover to R
- & 7 – 8 Step ball of L next to R, walk forward stepping R, L

Sect – 6: SIDE ROCK, BALL, SIDE ROCK 1 / 4 TURN, STEP TURN, FULL TURN

- 1 – 2 Rock R to right side, recover to L
- & 3 – 4 Step ball of R next to L, rock L to left side, turn 1 / 4 to the right and recover to R (12:00)
- 5 – 6 Step L forward, turn 1 / 2 to the right (6:00)
- 7 – 8 Turn 1/2 to the right with L, turn 1/2 to the right with R

Sect – 7: SIDE BODY ROLL, BALL, SIDE STEP, TOUCH, SIDE BODY ROLL, BALL, SIDE STEP, POP KNEES OUT, TOGETHER

- 1 – 2 Step L to left side and roll body to the left
- & 3 – 4 Step ball of R next to L, step L to left side, touch R next to L
- 5 – 6 Step R to right side and roll body to the right

& 7 & 8 Step ball of L next to R, step R next to L, Pop both knees out to sides on balls of feet, bring knees together and heels down

Sect – 8: WALK BACK SWEEP X2, COASTER STEP, STEP 3 / 4 TURN, SIDE ROCK, RECOVER, STEP

1 – 2 Step R back & sweep L around, step L back & sweep R around

3 & 4 Step R back, step L next to R, step R forward

5 – 6 Step L forward, turn 3 / 4 to the right (3:00)

7 & 8 Rock L to left side, recover to R, step L next to R

Bring some attitude when dancing this dance! It makes it a lot funnier!

Have fun!

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