

Worth It

拍數: 48 牆數: 2 級數: Phrased Advanced
編舞者: Linda McCormack (UK) & Maddison Glover (AUS) - May 2015
音樂: Worth It (feat. Kid Ink) - Fifth Harmony



Count in: □ 16 count intro, start on lyrics

Sequence: □ A,A,B,B,B,A,A,B,B,A,A,B,B,A,A

Part A – 16 counts

A[1-8] □ Syncopated box step, cross, side, behind, ¼, scuff, hitch, step, touch, back point.

- 1&2& Step RF forward and slightly to the R diagonal (1); step LF forward and slightly to the L diagonal (&); step RF back to original position (2); step LF back together with RF (&);
- 3,4& Cross RF over L (3); step LF to L side (4); cross RF behind L (&);
- 5&6& ¼ turn stepping forward on the LF (5); scuff RF forward (&); hitch the R knee up (6); step down on the RF (&);
- 7&8 Touch the L toe behind the RF (7); step back on the LF (&); touch the R toe forward (8);

A[9-16] Together, step, ½ pivot, ¼, point, together, cross, side, point, together, cross, back, together, forward.

- &1,2 Step RF together with L (7); step LF forward (1); pivot ½ turn over R shoulder (facing 3.00 wall) (2);
- &3&4 ¼ turn stepping LF to L side (facing 6.00 wall) (&); point R toe to R side (3); step RF down (&); cross LF over R (4);
- &5&6 Step RF to R side (&); point L toe to L side (5); step LF down (&); cross RF over L (6);
- 7&8 Step LF back (7); step RF together with L (&); step LF forward (8);

Part B □- 32 counts □

B[1-8] □ Step, rock, recover, sweep, behind, ¼, hips rolls x2

- 1,2& Step forward on the RF (1); rock forward on the LF (2); recover weight back onto the RF (&);
- 3,4& Stepping slightly back on the LF, sweep the RF around the L (3); cross RF behind L (4); ¼ turn L stepping forward on the LF (&);
- 5,6,7,8 Stepping the RF to the R side roll the hips (anti-clockwise) round from the L to the R (5,6); roll the hips (clockwise) round from the R to the L (7,8);

B[9-16] □ □ Side rock, recover, side rock recover, side rock, ¼ back, 1 and a ½ turn.

- 1,2& Rock RF to R side (1); recover weight back onto the LF (2); step RF together with L (&);
- 3,4& Rock LF to L side (3); recover weight back onto the RF (4); step LF together with R (&);
- 5,6 Rock RF to R side (5); ¼ turn R stepping back on the LF (6);
- 7&8 ½ turn over R shoulder stepping forward on the RF (7); ½ turn stepping back on the LF (&); ½ turn stepping forward on the RF (facing 6.00 wall) (8);

B[17-24] □ Rock forward recover, slide back, touch, back diagonal touch and step x2

- 1,2,3,4 Rock forward on the LF (1); recover weight back onto the RF (2); big slide back on the LF (3); touch the R toe next to the LF (4);
- 5&6 Touch the R toe to the back R diagonal, whilst popping chest out (5); step down on the RF (whilst contracting the chest in on slightly bent knees) (&); pop the chest out (6);
- 7&8 Touch the L toe to the back L diagonal, whilst popping chest out (7); step down on the LF (whilst contracting the chest in on slightly bent knees) (&); pop the chest out (8);

B[25-32] □ Rock back, recover, forward and cross, forward, ¼ rock, cross, ¼ back, touch.

- 1,2,3&4 Rock back on the RF (1); recover weight onto the LF (2); step RF forward (3); step LF forward (&); cross RF over the L (towards the R diagonal) (4);
- 5,&,6 Step forward on the LF (squaring back up to 6.00 wall) (5); ¼ turn L rocking RF to R side (&); recover weight onto LF (6);

&7,8 Cross RF over L (&); $\frac{1}{4}$ turn stepping back on the LF (7); touch RF next to L (8);

Last Update – 16th Sept 2015
