

At My Worst

拍數: 48 牆數: 2 級數: Beginner
編舞者: Khansa & Khansa (INA) - December 2020
音樂: At My Worst - Pink Sweat\$



Intro music 16 counts NO TAG NO RESTART

Sect 1. DIAG LEFT KICK BALL STEP , CROSS SIDE CROSS TOUCH

1 & 2 (10.30) Kick R fwd - step R in place - step L slightly fwd
3 & 4 Kick R fwd - step R in place - step L slightly fwd
5 - 8 (12.00) Cross R over L - L to side - cross R over L - touch L to side

Sect 2. DIAG RIGHT KICK BALL STEP , CROSS SIDE CROSS TOUCH

1 & 2 (1.30) Kick L fwd - step L in place - step R slightly fwd
3 & 4 Kick L fwd - step L in place - step R slightly fwd
5 - 8 (12.00) Cross L over R - R to side - cross L over R - touch R to side

Sect 3. FORWARD CROSS TOUCH, BACK TOUCH

1 - 4 Cross R over L - touch L to side - cross L over R - touch R to side
5 - 8 R behind L - touch L to side - L behind R - touch R to side

Sect 4. : BEHIND SIDE CROSS, SWEEP, CROSS SIDE BEHIND, SWEEP

1 - 2 Sweep step R behind L - step L to side
3 - 4 Cross R over L - sweep L to front
5 - 6 Cross L over R - step R to side
7 - 8 Step L behind R - sweep R to back

Sect 5. BACK ROCK , FORWARD SHUFFLE, PIVOT ½ RIGHT, FORWARD SHUFFLE

1 - 2 Rock R back - recover on L
3 & 4 Step R fwd - step L beside R - step R fwd
5 - 6 Rock L fwd - turn ½ right recover on R (6.00)
7 & 8 Step L fwd - step R beside L - step L fwd

Sect 6. SWAY, HOLD, SWAY HOLD, QUICK SWAY

1 - 4 Step R to side sway right - hold - sway left - hold
5 - 8 Sway right - left - right - left

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