

# 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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