

At My Worst

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Sebastiaan Holtland (NL) - February 2021
音樂: At My Worst (feat. Kehlani) - Pink Sweat\$: (Single)



No Tags or Restarts. Introduction: 16 counts, start after the vocals approx 12 sec.

Part 1. [1-8] Fwd Coaster Step R, Anchor Step L, Press R with Sweep R, Weave L.

1&2 Step Rf fwd (1), Step Lf beside Rf (&), Step Rf back (2).
3&4 Step Lf behind Rf (3), Step Rf in place (&), Step Lf in place (4).
5,6 Press Rf fwd (5), Recover back onto Lf and sweep Rf from front to back (6).
7&8 Step Rf behind Lf (7), Step Lf to L (&), Step Rf across Lf (8).

Part 2. [9-16] Side L, Back Rock R with ¼ L, Side R, Close, Together, Side L, Back Rock R with ¼ L, Step Lock Step R.

1,2& Step Lf to L (1), Step Rf behind Lf (2), Make ¼ turn L (9.00) recover back onto Lf (&).
3 Step Rf to R (3).
4&5 Step Lf beside Rf (4), Step Rf in place (&), Step Lf to L (5).
6& Step Rf behind Lf (6), Make ¼ turn L (6.00) recover back onto Lf (&).
7&8 Step Rf fwd (7), Lock Rf behind Lf (&), Step Rf fwd (8).

Part 3. [17-24] 2x Side Mambo Across L, R, ¼ Triple Turn to R, Coaster Step R

1&2 Mambo Lf to L (1), Recover back onto Rf (&), Step Lf across Rf (2).
3&4 Mambo Rf to R (3), Recover back onto Lf (&), Step Rf across Lf (4).
5&6 ¼ triple turn to R (5&6) (9.00).
7&8 Step Rf back (7), Step Lf beside Rf (&), Step Rf fwd (8).

Part 4. [25-32] Side L, Together, Step Lock Step L, 2x Syncopated Hip push R ¼ Turn L, Walks Fwd R, L.

1,2 Step Lf to L (1), Step Rf beside Lf (2).
3&4 Step Lf fwd (3), Lock Rf behind Lf (&), Step Lf fwd (4).
5& Make ¼ turn L (6.00) push R hip R (5), Recover onto Lf (&).
6& Make ¼ turn L (9.00) push R hip R (6), Recover onto Lf (&).
7,8 Walk Rf fwd (7), Walk Lf fwd (8).

REPEAT DANCE AND HAVE FUN!!

Dance edit, email: smoothdancer79@hotmail.com