

# 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](mailto:smoothdancer79@hotmail.com)