

At My Worst

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Fransiska Tjhin (INA) - March 2021
音樂: At My Worst - Pink Sweat\$



Intro 16 counts - No tag No Restart

S1. ROCK CROSS, CHASSE

1,2 Cross RF over LF, Recover on LF
3&4 Step RF to R, close LF next to R, step RF to R
5,6 Cross LF over RF, Recover on RF:
7&8 Step LF to L, Close RF next to L, step LF to L

S2. PIVOT TURN ¼ L, CROSS SHUFFLE

1,2 Step RF fwd, turn ¼ to L weight on L 9.00
3&4 Cross RF over LF, step LF to L, Cross RF over LF
5,6 Rock LF to L replace weight back to R
7&8 Cross LF over RF, step RF to R Cross LF over RF

S3. SIDE ROCK, COASTER STEP, PIVOT TURN ½, SHUFFLE

1,2 Rock RF to R, recover on LF
3&4 Step RF back, step LF beside RF, Step RF fwd
5,6 Step LF fwd, turn ½ to R, weight fwd on RF
7&8 Step LF fwd, close RF next to LF, step LF fwd

S4. PADDLE TURN ¼ WITH HIP ROLL

1,2 Step RF fwd, turn ¼ to L bring weight on L with hip roll
3,4 Step RF fwd, turn ¼ to L bring weight on L with hip roll
5,6 Step RF fwd, turn ¼ to L, bring weight on L with hip roll
7,8 Step RF fwd turn ¼ to L, bring weight on L with hip roll

Ending on wall 8 after 12 count pivot turn ½ to L

Thank you. Enjoy the dance.

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