

At My Worst

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Easy Intermediate
編舞者: Hiroko Carlsson (AUS) - March 2022
音樂: At My Worst - Pink Sweat\$



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

(16 counts intro)

[S1] Fwd, Fwd, Fwd Coaster, Back, Back, 1/4L Turning Coaster Step

1 2 Step forward on R, Step forward on L
3&4 Step forward on R, Step L next to R, Step back on R
5 6 Step back on L, Step back on R sweeping L around (prep for 1/4L turn)
7&8 Make a 1/4 turn left stepping back on L, Step R next to L, Step forward on L (9:00)

[S2] Side, Behind-Side-Heel-&-Cross, Side, Behind-Side, Touch w/ Knee In-Out 1/4R

1 2& Step R to the side, Step L behind R, Step R to the side
3&4 Touch L heel diagonally forward, Step L beside R, Cross R over L
5 6& Step L to the side, Step R behind L, Step L to the side
7 8 Touch R toe beside L/pop R knee in, Make a 1/4 turn right on L foot/roll R knee out (touch R toe forward weight on L) (12:00)

[S3] Fwd, Step-Pivot 1/2R, Fwd, Monterey 1/4R Turn

1 2 Step forward on R, Step forward on L
3 4 Make a 1/2 turn right recover weight on R, Step forward on L (6:00)
5 6 Touch R toe out to the right, Make 1/4 turn right stepping R beside L (9:00)
7 8 Touch L out to the left, Step L next to R

[S4] Fwd, Kick-Back-Touch, Unwind 1/2R, Fwd, Kick-Back-Touch, Unwind 1/4L

1 2& Step forward on R, Kick forward on L, Step back on L
3 4 Touch R toe back, Making a 1/2 turn right (unwind) weight ends on R (3:00)
5 6& Step forward on L, Kick forward on R, Step back on R
7 8 Touch L toe back, Making a 1/4 turn left (unwind) weight ends on L (12:00)

Repeat from here at the end of Wall 4

[S5] Cross, Side, Behind, Side, Cross Rock, 1/4R, Together

1 2 3 3 Cross R over L, Step L to the side, Step R behind L, Step L to the side
5 6 Rock/across R over L, Replace weight on L
7 8 Make a 1/4 turn right big step forward on R, Step L together (3:00)

[S6] Behind, 1/4L, Step-Pivot 1/2L, Fwd, Fwd-1/4L Ball-Cross, Point

1 2 Step R behind L, Make a 1/4 turn left stepping forward on L (12:00)
3 4 Step forward on R, Make a 1/2 turn left recover weight on L (6:00)
5 6& Step forward on R, Step forward on L, Make a 1/4 turn left stepping R beside L (3:00)
7 8 Cross L over R, Point R toe to the right

#16 counts Repeat at the end of Wall 4(finishes facing 12:00) – Repeat Section 5 and Section 6 (3:00)

Ending suggestion: The last wall starts facing 3:00, dance up to S4 count 6 (6:00). Then, Touch L toe back (7), Making a 1/2 turn left (unwind) weight ends on L (8), Step forward on R (1) (12:00)

(updated: 16/Mar/22)

