

# At My Worst

COPPERKNOB  
BY STEPHENETS

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\$



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(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)

