

At Your Worst!

拍數: 32 牆數: 4 級數: Improver
編舞者: Colin Ghys (BEL) - October 2023
音樂: At Your Worst - Calum Scott



Intro: 4 Counts, Start at approx 4 secs

SEC 1 Side, Together, Shuffle, Side, Together, Back Shuffle

1-2 Step right to right, step left beside right
3&4 Step right forward, step left beside right, step right forward
5-6 Step left to left, step right beside left
7&8 Step left back, step right beside left, step left back

SEC 2 Back Rock, ½ Shuffle, Back Rock, Full Turn

1-2 Rock right back, recover weight onto left
3&4 Turn ¼ left step right to right, step left beside right, turn ¼ left step right back (6:00)
5-6 Rock left back, recover weight onto right
7-8 Turn ½ right step left back, turn ½ right step right forward (6:00)

SEC 3 Rock, Back Shuffle, Back Rock, Prissy Walks

1-2 Rock left forward, recover weight onto right
3&4 Step left back, step right beside left, step left back
5-6 Rock right back, recover weight onto left
7-8 Step right forward slightly crossing over left, step left forward slightly crossing over right

SEC 4 Figure of 8 ¼ Turn

1-2 Step right to right, step left behind right
3-4 Turn ¼ right step right to right, step left forward (9:00)
5-6 Pivot ¾ right transferring weight on to right, step left to left (6:00)
7-8 Step right behind left, turn ¼ left step left forward (3:00)

Ending At the end of the last wall

Step, ½ Pivot

1-2 Step right forward, pivot ½ left transferring weight on to left (12:00)