

At Your Worst

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Glynn Rodgers (UK) & Heather Barton (SCO) - September 2023
音樂: At Your Worst - Calum Scott



Phrasing: No tags or restarts.

[1-8] Cross, Side Rock, Cross Shuffle, Hinge ¼ Turn, Cross.

- 1 Cross right over left.
- 2-3 Rock left to left side, recover weight on to right foot.
- 4&5 Cross left over right, step right slightly to right behind left heel, cross left over right.
- 6-7 Turn ¼ left stepping back right, step left to left side.
- 8 Cross right over left.

[9-16] Point, Cross, Point Side-Forward-Side, Cross. Hinge ½ Turn.

- 1-2 Point left to left side, cross left over right.
- 3-4 Point right to right side, point right toe forward.
- 5-6 Point right to right side, cross right over left.
- 7-8 Turn ¼ right stepping back left, turn ¼ right stepping right to right side.

[17-24] Cross Rock, Chasse Left, Cross, Side, Sailor Step.

- 1-2 Cross rock left over right, recover weight on to right.
- 3&4 Step left to left side, close right beside left, step left to left side.
- 5-6 Cross right over left, step left to left side.
- 7&8 Cross right behind left, step left slightly to left side, step right to place.

[25-32] Cross, ¼ Turn, Shuffle Back, Back Rock, Kick-Ball-Cross.

- 1-2 Cross left over right, turn ¼ left stepping back right.
- 3&4 Step back left, step on ball of right beside left, step back left.
- 5-6 Rock back right, recover weight on to left.
- 7&8 Kick right foot forward, step on ball of right beside left, cross left over right.

[33-40] Point, Hold & Point & Point, & Side Rock, Cross Shuffle

- 1-2 Point right to right side, hold.
- &3 Close right to left, point left to left side.
- &4 Close left to right, point right to right side.
- &5-6 Close right to left, rock left to left side, recover weight on to right.
- 7&8 Cross left over right, step right slightly right (behind left heel), cross left over right.

[41-48] Point, Hold & Point & Point, & Side, Behind, Chasse ¼ Turn.

- 1-2 Point right to right side, hold.
- &3 Close right to left, point left to left side.
- &4 Close left to right, point right to right side.
- &5-6 Close right to left, step left to left side, cross right behind left.
- 7&8 Step left to left side, close right to left, turn ¼ left stepping forward left.

[49-56] Step, Touch & Heel & Step, Forward Rock, Shuffle ½ Turn.

- 1-2& Step forward right, touch left behind right heel, step back on left.
- 3&4 Dig right heel forward, step right to place, step forward left.
- 5-6 Rock forward right, recover weight on to left.
- 7&8 Shuffle ½ turn right stepping - right-left-right.

[57-64] Step, Touch & Heel & Pivot $\frac{1}{2}$, Pivot $\frac{1}{4}$, Cross Shuffle.

- 1-2& Step forward left, touch right behind left heel, step back right.
- 3& Dig left heel forward, step left to place.
- 4-5 Step forward right, pivot $\frac{1}{2}$ turn left.
- 6-7 Step forward right, pivot $\frac{1}{4}$ turn left.
- 8& Cross right over left, step left slightly to left side.

(Cross right over left for count 1 of the dance to complete cross shuffle.

Start again - no tags or restarts!
