

At Your Worst

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Rikke Aaris Sylvestersen (DK) - February 2024
音樂: At Your Worst - Calum Scott : (iTunes)



#4 Counts intro – app. 5 sec. – begin on the word “Worst”

NO TAGS AND NO RESTARTS

[1-8] WALK R FW, WALK L FW, SHUFFLE FW, ROCK L, CHASSE ¼ L

1 – 2 Step fw on R, Step fw on L
3 & 4 Step fw on R, Step L next to R, Step fw on R
5 – 6 Rock fw on L, Recover on R
7 & 8 Turn ¼ L Step L to L side, Step R next to L, Step L to L side (9:00)

[9-16] R CROSS ROCK, R SIDE ROCK, R SAILOR STEP, ½ UNWIND L

1 – 4 Cross Rock R in front of L, Recover on L, Rock R to R side, Recover on L
5 & 6 Sweep R behind L, Step L small step to L, Step R to R
7 – 8 Touch L behind R, Unwind ½ L step down on L foot (3:00)

[17-24] ROCKING CHAIR, SAMBA STEP X2

1 – 4 Rock fw on R, Recover on L, Rock back on R, Recover on L
5 & 6 Cross R in front of L, Rock L to L side, Step R to R diagonal (4:30)
7 & 8 Cross L in front of R, Rock R to R side, Step L to L diagonal (1:30)

[25-32] WEAVE L, SWEEP L, BEHIND SIDE CROSS, SWEEP R

1 – 4 Cross R in front of L, Step L to L side, cross R behind L, Sweep L from front to back
5 – 8 Cross L behind R, Step R to R side, Cross L in front of R, Sweep R from back to front (3:00)

ENJOY

ENDING: After Wall 10 – start (3:00) ends (6:00) make a ½ Pivot L

1 – 2 Step fw on R, Turn ½ L step fw on L

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