

# At My Worst

**COPPER** **KNOB**  
STEPSHEETS

拍數: 64      牆數: 1      級數: Phrased High Beginner  
編舞者: Ruth Logdat (USA) - February 2024  
音樂: At My Worst - Pink Sweat\$



Seq: PreDance-AAB-Tag-ABA-A(32)

Intro: 16

## PreDance (32C)

1-4            Step R side, step L together, step R side, touch L together  
5-6            Step L side, step R together  
7-8            Turn 1/4 left and step L forward, touch R together  
9-32          Repeat steps 1-8 (3X)

## MAIN DANCE

### Part A (48C)

#### Sec 1. RUMBA BOX ROUTINE, ANGLED BACK STEPS

1-4            Step R side, step L together, step R forward, touch L together  
5-8            Step L side, step R together, Step L back, touch R together  
  
9-10          Body angled to right step R back, touch L in place  
11-12        Body angled to left step L back, touch R in place  
13-14        Body angled to right step R back, touch L in place  
15-16        Body angled to left step L back, touch R in place

[17-32] Repeat steps 1-16

#### Sec 2. STEP-LOCK, SHUFFLE FORWARD ROUTINE

1-2            Turn 1/8 right and step R forward, step L behind R  
3&4          Shuffle RLR forward and square up  
5-6            Turn 1/8 left and step L forward, step R behind L  
7&8          Shuffle LRL forward and square up

[9-16] Repeat steps 1-8

#### Styling

1-4            Raise arms at sides ending overhead  
5-8            Same as 1-4

### Part B (16C)

#### SIDE-TOGETHER-SIDE-TOUCH ROUTINE

1-2            Step R side, step L together  
3-4            Step R side, hinge 1/2 right and touch L together  
5-6            Step L side, step R together  
7-8            Step L side, touch R together

[9-16] Repeat steps 1-8

### TAG (4C)

1-2            Step R in place, hold  
3-4            Step L in place, hold

Stepsheet written & submitted by Roly Ansano (USA)

