

# The Worst

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: High Beginner / Low Improver  
編舞者: Helaine Norman (USA) - April 2024  
音樂: Worst I Ever Had - Sunday Rose



**INTRO: 16 - No tags or restarts**

**OVER, KICK, BEHIND, SIDE; OVER, KICK, BEHIND, 1/4 L-TURN**

1-2            Step R over, kick L diagonally  
3-4            Step L behind, step R side  
5-6            Step L over, kick R diagonally  
7-8            Step R behind, making ¼ turn left step L forward (slightly) (9:00)

**PIVOT 1/2 L-TURN, SHUFFLE; PIVOT ¼ R-TURN, CROSSING SHUFFLE**

1-2            Making 1/2 turn left step R forward, weight to L (3:00)  
3&4            Step R forward, step L together, step R forward  
3-4            Making ¼ turn R step L forward, weight to R (6:00)  
5&6            Step L over, step R side, step L over

**ROCK, RECOVER, BEHIND, SIDE, OVER; SIDE, TOUCH, TOUCH, KICK**

1-2            Rock R side, recover to L  
3&4            Step R behind, step L side, step R over  
5-8            Step L side, touch R side, touch R together, kick R forward  
Optional for counts 5-8: Step L side (5), hold (6), step on R ball beside L (&), step L side (7), brush R forward (8)

**ROCK, RECOVER, BACK-COASTER; JAZZ BOX ¼ L-TURN ENDING WITH TOUCH**

1-2            Rock R forward, recover to L  
3&4            Step R back, step L together, step R forward  
5-8            Step L over, step R back, making ¼ turn left step L side, touch R together  
Optional for count 8: Brush or scuff R over in preparation for the step R over on count 1.

**REPEAT**

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