

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

Helaine43@gmail.com

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