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| At My Worst |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | High Beginner | . |
| **Choreographer:** | Sebastiaan Holtland (NL) - February 2021 | | | | |
| **Music:** | At My Worst (feat. Kehlani) - Pink Sweat$ : (Single) | | | | |
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**No Tags or Restarts. Introduction: 16 counts, start after the vocals approx 12 sec.**

**Part 1. [1-8] Fwd Coaster Step R, Anchor Step L, Press R with Sweep R, Weave L.**

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| 1&2 | Step Rf fwd (1), Step Lf beside Rf (&), Step Rf back (2). |

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| 3&4 | Step Lf behind Rf (3), Step Rf in place (&), Step Lf in place (4). |

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| --- | --- |
| 5,6 | Press Rf fwd (5), Recover back onto Lf and sweep Rf from front to back (6). |

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| 7&8 | Step Rf behind Lf (7), Step Lf to L (&), Step Rf across Lf (8). |

**Part 2. [9-16] Side L, Back Rock R with ¼ L, Side R, Close, Together, Side L, Back Rock R with ¼ L, Step Lock Step R.**

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| 1,2& | Step Lf to L (1), Step Rf behind Lf (2), Make ¼ turn L (9.00) recover back onto Lf (&). |

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| 3 | Step Rf to R (3). |

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| 4&5 | Step Lf beside Rf (4), Step Rf in place (&), Step Lf to L (5). |

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| 6& | Step Rf behind Lf (6), Make ¼ turn L (6.00) recover back onto Lf (&). |

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| 7&8 | Step Rf fwd (7), Lock Rf behind Lf (&), Step Rf fwd (8). |

**Part 3. [17-24] 2x Side Mambo Across L, R, ¼ Triple Turn to R, Coaster Step R**

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| 1&2 | Mambo Lf to L (1), Recover back onto Rf (&), Step Lf across Rf (2). |

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| 3&4 | Mambo Rf to R (3), Recover back onto Lf (&), Step Rf across Lf (4). |

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| 5&6 | ¼ triple turn to R (5&6) (9.00). |

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| 7&8 | Step Rf back (7), Step Lf beside Rf (&), Step Rf fwd (8). |

**Part 4. [25-32] Side L, Together, Step Lock Step L, 2x Syncopated Hip push R ¼ Turn L, Walks Fwd R, L.**

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| 1,2 | Step Lf to L (1), Step Rf beside Lf (2). |

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| --- | --- |
| 3&4 | Step Lf fwd (3), Lock Rf behind Lf (&), Step Lf fwd (4). |

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| 5& | Make ¼ turn L (6.00) push R hip R (5), Revover onto Lf (&). |

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| 6& | Make ¼ turn L (9.00) push R hip R (6), Recover onto Lf (&). |

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| 7,8 | Walk Rf fwd (7), Walk Lf fwd (8). |

**REPEAT DANCE AND HAVE FUN!!**

**Dance edit, email: smoothdancer79@hotmail.com**