At My Worst

Count: 64 **Wall:** 2 **Level:** Phrased Intermediate

Choreographer: Rossana HB (INA), Anggia Ridjal (INA), Suhada Husein (INA), Dwi Astutiningsih (INA) & Maya Rachmawati (INA) - June 2021

Music: At My Worst (feat. TIN) - Pink Sweat$

Intro : 16 counts
Sequence : A(32) B A - A(32) B A - A(16) A(32)

A (48 counts)
Section 1 (1-8) : SIDE, TOGETHER, FWD SHUFFLE, SYNCOPATED ROCKING CHAIR, ROCK FWD, ¼ TURN L

1 2	Step RF to R (1), Close LF next to RF (2),
3&4	Step RF forward (3), Close LF next to RF (&), Step RF forward (4),
5&6&	Rock LF forward (5), Recover onto RF (&), Rock LF back (6), Recover onto RF (&),
7&8	Rock LF forward (7), Recover onto RF (&), Turn ¼ L stepping LF to L (8) (09.00)

Section 2 (9-16) : ¼ TURN R, WEAVE, BEHIND, SIDE, CROSS, SIDE, SWAY

1 2&3	Turn ¼ R stepping RF forward and sweeping LF from back to front (1) (12.00), Cross LF over RF (2), Step RF to R (&), Step LF behind RF sweeping RF from front to back (3),
4&5	Cross RF behind LF (4), Step LF to L (&), Cross RF over LF (5),
6 7 8	Step LF to L swaying to L (6), Sway to R (7), Sway to L (8)

Section 3 (17-24) : BASIC NC R/L, ½ TURN L, COASTER STEP, ¼ BOTAFOGO TURN

1 2&	Step RF to R (1), Cross LF behind RF (2), Cross RF over LF (&),
3 4&	Step LF to L (3), Cross RF behind LF (4), Cross LF over RF (&),
5 6&7	Turn ½ L stepping RF back (5) (06.00), Step LF back (6), Close RF next to LF (&), Step LF forward (7),
8&1	Cross RF over LF (8), Turn ¼ R stepping L Ball to L (&) (09.00), Step RF in place (1)

Section 4 (25-32) : ½ DIAMOND L, COASTER STEP

2&3	Cross LF over RF (2), Step RF to R (&), Turn 1/8 L stepping LF back (3) (07.30)
4&5	Step RF back (4), Turn 1/8 L stepping LF to L (&) (06.00), Turn 1/8 L stepping RF forward (5) (04.30),
6&7	Step LF forward (6), Turn 1/8 L stepping RF to R (&) (03.00), Step LF back (7),
8&1	Step RF back (8), Close LF next to RF (&), Step RF forward (1)

Section 5 (33-40) : PIVOT ½, FORWARD, PIVOT TURN, FORWARD MAMBO, SIDE MAMBO CROSS

2&3	Step LF forward (2), Turn ½ R weight on RF (&), Step LF forward (3) (09.00),
4&5	Turn ½ R stepping RF back (4), Turn ½ L stepping LF forward (&), Step RF forward (5),
6&7	Rock LF forward (6), Recover onto RF (&), Step LF back (7),
8&1	Rock RF to R (8), Recover onto LF (&), Cross RF over LF (1)

Section 6 (41-48) : HOLD, SIDE, CROSS, HOLD, SIDE, FORWARD, SCISSOR STEP, TOUCH

2&3	Hold (2), Step LF to L (&), Cross RF over LF (3)
4&5	Hold (4), Step LF to L (&), Turn 1/4 L Stepping RF Fwd (5) (06:00),
6&7	Step LF to L (6), Close RF next to LF (&), Cross LF over RF (7),
8	Touch RF beside LF (8)

B (16 counts)
Section 1 (1-8) : SIDE ROCK, BEHIND, SIDE, CROSS, PIVOT TURN, CROSS SHUFFLE

1 2	Rock RF to R (1), Recover onto LF (2),

3&4	Cross RF behind LF (3), Step LF to L (&), Cross RF over LF (4),
5 6	Turn ¼ R stepping LF back (5), Turn ¼ R stepping RF to R (6) (06.00),
7&8	Cross LF over RF (7), Step RF to R (&), Cross LF over RF (8)

Section 2 (9-16) : SIDE ROCK, BEHIND, SIDE, FORWARD, PIVOT TURN, SIDE STEP, TOUCH

1 2	Rock RF to R (1), Recover onto LF (2)
3&4	Step RF back (3), Turn 1/4 L stepping LF forward (3), Step RF forward (4) (03.00)
5 6	Turn ½ R stepping LF back (5), Turn ½ R stepping RF forward (6),
7 8	Big step LF to L (7), Touch R next to LF (8)

Ending : After Part A Section 4, do: Turn ¼ L stepping RF to R

Enjoy The Dance....

Contacts :-
aderossana@gmail.com
anggiaridjal@yahoo.com
suhadahusen7@gmail.com