

# At My Worst

**COPPER** KNOB  
STEPSHEETS

Count: 64

Wall: 1

Level: Phrased High Beginner

Choreographer: Ruth Logdat (USA) - February 2024

Music: 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)

