

AB Sync or Swim

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Sue Korek (USA) - 21 December 2024

Music: There's Nothing Holdin' Me Back - Shawn Mendes

or: At Your Worst - Calum Scott



Alternate Music:

At Your Worst (Calum Scott—18 August 2023) bpm=120, Intro: on lyric "Worst..." about 4 seconds

No tags, no restarts

Intro: 16 counts

Section 1 (STEP TOUCHES DIAGONAL, BASIC RIGHT)

- 1-2 Step R diagonal forward, touch L beside R
- 3-4 Step L diagonal back, touch R beside L
- 5-6 Step R right, step L beside R
- 7-8 Step R right, touch L beside R

Section 2 (STEP TOUCHES DIAGONAL, BASIC LEFT 1/4 TURN LEFT)

- 1-2 Step L diagonal forward, touch R beside L
- 3-4 Step R diagonal back, touch L beside R
- 5-6 Step L left, step R beside L
- 7-8 1/4 turn left step L, touch R beside L

Section 3 (FORWARD RIGHT RUMBA BOX WITH KICK, HITCH)

- 1-2 Step R to right side, step L beside R
- 3-4 Step R to forward, kick L forward
- 5-6 Step L to left side, step R beside L
- 7-8 Step L back, hitch R

Section 4 (TWO ROCKING CHAIRS)

- 1-2 Rock R forward, recover L
- 3-4 Rock R back, recover L
- 5-6 Rock R forward, recover L
- 7-8 Rock R back, recover L

Enjoy this fun Absolute Beginner dance.

Contact: suekorek@gmail.com

Last Update: 14 May 2025
