

At My Worst

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 1 级数: Phrased High Beginner
编舞者: Ruth Logdat (USA) - February 2024
音乐: 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)

