

At My Worst (Reggae)

COPPER **NOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Yuliana Chang (INA) - July 2025
音乐: At My Worst - Pink Sweat\$ ft DJ John Paul



#4 Restarts, No Tags
*Restart on walls 2,4,6,8

Sec 1 : Kick Ball Fwd , Fwd Shuffle - Kick Ball Fwd, Fwd Shuffle

1-2 Kick Rf Fwd (1), Ball Rf beside Lf (&), Step Lf Fwd (2)
3&4 Step Rf Fwd (3), Step Lf next to Rf (&), Step Rf Fwd (4)
5&6 Kick Lf Fwd (5), Ball Lf beside Rf (&), Step Rf Fwd (6)
7&8 Step Lf Fwd (7), Step Rf next to Lf (&), Step Lf Fwd (8)

Sec 2 : ¼L Paddle 2x - Jazz Box

1-2 Step Rf fwd (1), Roll hip make a ¼L, Recover on Lf (2) (09.00)
3-4 Step Rf fwd (3), Roll hip make a ¼L, Recover on Lf (4) (06.00)
5-6 Cross Rf over Lf (5), Step Lf on backward (6)
7-8 Step Rf to R side (7), Cross Lf over Rf (8)

Sec 3 : Lindy RL

1-2 Step Rf to R side (1), Step Lf next to Rf (&), Step Rf to R side (2)
3-4 Cross Lf behind Rf (3), Recover on Rf (4)
5-6 Step Lf to L side (5), Step Rf next to Lf (&), Step Lf to L side (6)
7-8 Cross Rf behind Lf (7), Recover on Lf (8)

Sec 4 : Fwd Shuffle 2x - ½ L Pivot, ¼ L Pivot

1-2 Step Rf Fwd (1), Step Lf next to Rf (&), Step Rf Fwd (2)
3&4 Step Lf Fwd (3), Step Rf next to Lf (&), Step Lf Fwd (4)
5-6 Step Rf fwd (5), ½ L-Step Lf in place (2) (12.00)
7-8 Step Rf fwd (7), ¼L- Step Lf in place (8) (09.00)

Good Luck & Enjoy It □□□□□□□□□□
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