

# The Worst

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: High Beginner / Low Improver  
編舞者: Helaine Norman (USA) - April 2024  
音樂: Worst I Ever Had - Sunday Rose



**INTRO: 16 - No tags or restarts**

**OVER, KICK, BEHIND, SIDE; OVER, KICK, BEHIND, 1/4 L-TURN**

- 1-2      Step R over, kick L diagonally
- 3-4      Step L behind, step R side
- 5-6      Step L over, kick R diagonally
- 7-8      Step R behind, making ¼ turn left step L forward (slightly) (9:00)

**PIVOT 1/2 L-TURN, SHUFFLE; PIVOT ¼ R-TURN, CROSSING SHUFFLE**

- 1-2      Making 1/2 turn left step R forward, weight to L (3:00)
- 3&4      Step R forward, step L together, step R forward
- 3-4      Making ¼ turn R step L forward, weight to R (6:00)
- 5&6      Step L over, step R side, step L over

**ROCK, RECOVER, BEHIND, SIDE, OVER; SIDE, TOUCH, TOUCH, KICK**

- 1-2      Rock R side, recover to L
- 3&4      Step R behind, step L side, step R over
- 5-8      Step L side, touch R side, touch R together, kick R forward

**Optional for counts 5-8: Step L side (5), hold (6), step on R ball beside L (&), step L side (7), brush R forward (8)**

**ROCK, RECOVER, BACK-COASTER; JAZZ BOX ¼ L-TURN ENDING WITH TOUCH**

- 1-2      Rock R forward, recover to L
- 3&4      Step R back, step L together, step R forward
- 5-8      Step L over, step R back, making ¼ turn left step L side, touch R together

**Optional for count 8: Brush or scuff R over in preparation for the step R over on count 1.**

**REPEAT**

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