

The Worst Way

COPPER KNOB
STEPMATS

拍數: 32 牆數: 1
編舞者: Gail Smith (USA) - May 2025
音樂: Worst Way - Riley Green

級數: Intermediate - Rolling 8 count



INTRO: 16 Counts. Begins on vocals

(Section 1) FWD-HOOK BEHIND, BACK-HOOK IN FRONT, HITCH 1/4, CROSS

- 1 Step R fwd and Hook L behind R leg
- 2 Step L back and Hook R in front of L leg
- 3 Turn 1/8 R stepping R fwd and hitch L knee making another 1/8 Turn R 3:00
- 4 Step L over R - Body facing 4:30 (Prep for turn Toes are pointed to 3:00)

1+1/4 TURN L, STEP BACK, ROCK BACK, RECOVER

- 5 & Turn 1/4 L (1:30) stepping back on R, Turn 1/2 L stepping fwd on L 7:30
- a 6 Turn 1/2 L (1:30) stepping back on R, Step back on L 1:30
- 7-8 Rock back on R, Recover onto L

Non-turning option = Side, Together, Side - - - Step R to side, Step L together, Step R to side.

****** Don't get caught up in the turning fractions! Triple step turn, or even take 4 steps to include the step back.**

As long as you end up facing 1:30, Your Good!

******* RESTART on wall 3. Recover 1/8 L to restart on 12:00.**

(Section 2) CROSS, UNWIND, BACK, BACK w DRAG, L COASTER STEP, R STEP FWD

- 1 & a Cross R over L, Unwind 1/2 turn L stepping R down, Step L slightly back 6:00
- 2 Take a large step back on R dragging L towards your R foot
- 3 & a 4 Step L back, Step R next to R foot, Step L fwd, Step R fwd

CROSSING SHUFFLE, SWAYS R-L-R

- 5 & a Step L over R, Step R slightly to side, Step L over R
- 6-7-8 Step R to side as you sway R, Sway L, Sway R

(Section3) JAZZ BOX w CROSS, HINGE TURN-CROSS

- 1 & a 2 Step L over R, Step R back, Step L to side, Step R over L
- 3 a 4 Step L to side, Turn 1/4 R stepping ball of R foot to side, Step L over R 9:00

SCISSOR-SIDE, TOGETHER-POINT, SWITCH-POINT

- 5 & a Large step to R, Sliding L over stepping next to R foot, Step R over L
- 6 a 7 Step L to side, Step R next to L foot, Touch L toes fwd
- a 8 Step L next to R foot, Touch R toes fwd

(Section 4) SHUFFLE BOX w SKATE MOTION DURING THE 1/4 TURNS

- 1 & 2 Step R to side, Step L next to R foot, Step R to side
- a Slightly hitch L knee and Turn 1/4 L (**see note below) 6:00
- 3 & 4 Step L to side, Step R next to L foot, Step L to side
- a Slightly hitch R knee and Turn 1/4 L 3:00
- 5 & 6 Step R to side, Step L next to R foot, Step R to side
- a Slightly hitch L knee and Turn 1/4 L 12:00
- 7 & 8 Step L to side, Step R next to L foot, Step L slightly fwd

***** NOTE: Skate motion (sweeping inward-outward) – I keep my toes on the floor as I slide my foot inward. Then, as I make the 1/4 turn, I slide the toes outward ready to step for the shuffle.**