

At My Worst

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Choreographed by: Sebastiaan Holtland (Netherlands) February 2021
Choreographed to: At My Worst by Pink Sweat\$ ft. Kehlani
Intro: 16 Counts (Start after the vocals approx 12 sec)

Remember to Vote for your favourite dances in the Linedancer Charts

SEC 1	FWD COASTER STEP, ANCHOR STEP, PRESS, SWEEP, WEAVE
1&2	Step Rf fwd, Step Lf beside Rf, Step Rf back
3&4	Step Lf behind Rf, Step Rf in place, Step Lf in place
5,6	Press Rf fwd, Recover back onto Lf and sweep Rf from front to back
7&8	Step Rf behind Lf, Step Lf to L, Step Rf across Lf
SEC 2	SIDE, BACK ROCK ¼, SIDE, CLOSE, TOGETHER, SIDE, BACK ROCK ¼, STEP LOCK STEP
1,2& 3	Step Lf to L, Step Rf behind Lf, Make ¼ turn L recover back onto Lf (9:00) Step Rf to R
4&5	Step Lf beside Rf, Step Rf in place, Step Lf to L
6&	Step Rf behind Lf, Make 1/4 turn L recover back onto Lf (6:00)
7&8	Step Rf fwd, Lock Rf behind Lf, Step Rf fwd
SEC 3	2X SIDE MAMBO ACROSS, ¼ TRIPLE TURN, COASTER STEP
1&2	Mambo Lf to L, Recover back onto Rf, Step Lf across Rf
3&4	Mambo Rf to R, Recover back onto Lf, Step Rf across Lf
5&6	1/4 triple turn to R (9:00)
7&8	Step Rf back, Step Lf beside Rf, Step Rf fwd
SEC 4	SIDE, TOGETHER, STEP LOCK STEP, 2X SYNCOPATED HIP PUSH 1/4 TURN, WALKS FWD
1,2	Step Lf to L, Step Rf beside Lf
3&4	Step Lf fwd, Lock Rf behind Lf, Step Lf fwd
5&	Make ¼ turn L push R hip R, Recover onto Lf (6:00)
6&	Make ¼ turn L push R hip R, Recover onto Lf (9:00)
7,8	Walk Rf fwd, Walk Lf fwd

Repeat Dance and Have Fun

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