

At My Worst

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Count: 32 **Wall:** 4 **Level:** High Beginner

Choreographer: Sebastiaan Holtland (NL) - February 2021

Music: - Pink Sweat\$: (Single)

No Tags or Restarts. Introduction: 16 counts, start after the vocals approx 12 sec.

Part 1. [1-8] Fwd Coaster Step R, Anchor Step L, Press R with Sweep R, Weave L.

- 1&2** Step Rf fwd (1), Step Lf beside Rf (&), Step Rf back (2).
- 3&4** Step Lf behind Rf (3), Step Rf in place (&), Step Lf in place (4).
- 5,6** Press Rf fwd (5), Recover back onto Lf and sweep Rf from front to back (6).
- 7&8** Step Rf behind Lf (7), Step Lf to L (&), Step Rf across Lf (8).

Part 2. [9-16] Side L, Back Rock R with ¼ L, Side R, Close, Together, Side L, Back Rock R with ¼ L, Step Lock Step R.

- 1,2&** Step Lf to L (1), Step Rf behind Lf (2), Make ¼ turn L (9.00) recover back onto Lf (&).
- 3** Step Rf to R (3).
- 4&5** Step Lf beside Rf (4), Step Rf in place (&), Step Lf to L (5).
- 6&** Step Rf behind Lf (6), Make ¼ turn L (6.00) recover back onto Lf (&).
- 7&8** Step Rf fwd (7), Lock Rf behind Lf (&), Step Rf fwd (8).

Part 3. [17-24] 2x Side Mambo Across L, R, ¼ Triple Turn to R, Coaster Step R

- 1&2** Mambo Lf to L (1), Recover back onto Rf (&), Step Lf across Rf (2).
- 3&4** Mambo Rf to R (3), Recover back onto Lf (&), Step Rf across Lf (4).
- 5&6¼ triple turn to R (5&6) (9.00).**
- 7&8** Step Rf back (7), Step Lf beside Rf (&), Step Rf fwd (8).

Part 4. [25-32] Side L, Together, Step Lock Step L, 2x Syncopated Hip push R ¼ Turn L, Walks Fwd R, L.

- 1,2** Step Lf to L (1), Step Rf beside Lf (2).
- 3&4** Step Lf fwd (3), Lock Rf behind Lf (&), Step Lf fwd (4).
- 5&** Make ¼ turn L (6.00) push R hip R (5), Recover onto Lf (&).
- 6&** Make ¼ turn L (9.00) push R hip R (6), Recover onto Lf (&).

7,8 Walk Rf fwd (7), Walk Lf fwd (8).

REPEAT DANCE AND HAVE FUN!!

Dance edit, email: smoothdancer79@hotmail.com

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=148373