

# Better At My Worst.

Name of Dance: At My Worst.

Choreographed by: Sebastiaan Holtland, Netherlands

Song: **At My Worst** (Track on iTunes & other mp3 sites) (approx 2.49 mins ).

Music: **Pink Sweat\$ ft. Kehlani** (Single 2021).

Dance edit, email: [smoothdancer79@hotmail.com](mailto:smoothdancer79@hotmail.com)

Published: Februari 2021, 32 counts, 4 Wall, High Beginner level line dance.

with no tags our 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&6 ¼ 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!!**