

# At Your Worst!

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**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Colin Ghys (BEL) - October 2023

**Music:** At Your Worst - Calum Scott

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## **Intro: 4 Counts, Start at approx 4 secs**

### **SEC 1 Side, Together, Shuffle, Side, Together, Back Shuffle**

1-2 Step right to right, step left beside right  
3&4 Step right forward, step left beside right, step right forward  
5-6 Step left to left, step right beside left  
7&8 Step left back, step right beside left, step left back

### **SEC 2 Back Rock, ½ Shuffle, Back Rock, Full Turn**

1-2 Rock right back, recover weight onto left  
3&4 Turn ¼ left step right to right, step left beside right, turn ¼ left step right back (6:00)  
5-6 Rock left back, recover weight onto right  
7-8 Turn ½ right step left back, turn ½ right step right forward (6:00)

### **SEC 3 Rock, Back Shuffle, Back Rock, Prissy Walks**

1-2 Rock left forward, recover weight onto right  
3&4 Step left back, step right beside left, step left back  
5-6 Rock right back, recover weight onto left  
7-8 Step right forward slightly crossing over left, step left forward slightly crossing over right

### **SEC 4 Figure of 8 ¼ Turn**

1-2 Step right to right, step left behind right  
3-4 Turn ¼ right step right to right, step left forward (9:00)  
5-6 Pivot ¾ right transferring weight on to right, step left to left (6:00)  
7-8 Step right behind left, turn ¼ left step left forward (3:00)

### **Ending At the end of the last wall**

#### **Step, ½ Pivot**

1-2 Step right forward, pivot ½ left transferring weight on to left (12:00)