

At My Worst

Count: 32

Wall: 4

Level: Beginner

Choreographer: Sally Hung (TW) - June 2021

Music: At My Worst (Cha Cha Style) (feat. DJ Romar) - Pink Sweat\$

Intro: 32 counts from heavy beats - No Tag, No Restart

S1. SIDE, BEHIND TOUCH, SIDE, BEHIND TOUCH, WALK BACK R-L-R, POINT

1,2,3,4 Step R to the side, touch L behind R, step L to the side, touch R behind L
5,6,7,8 Walk back on R-L-R, touch L toe to L side

S2. CROSS, POINT, ¼ R, POINT, FWD ROCK, RECOVER, BACK, TOUCH TOGETHER

1,2,3,4 Cross step L over R, touch R toe to the R, ¼ R stepping R fwd, touch L to the L
5,6,7,8 Rock L fwd, recover onto R, step back on L, touch R together

S3. HALF RUMBA BOX FWD, ¼ L, ½ L, BACK, POINT

1,2,3,4 Step R to the side, step L together, step R fwd, touch L beside R
5,6,7,8 ¼ L stepping L fwd, ½ L stepping R fwd, step back on L, touch R toe to the R

S4. V STEP, ¼ L, TOGETHER, HEEL BOUNCES TWICE

1,2,3,4 Step R to R diagonal, step L to L (shoulder width), step back R to the center, step L beside R
5,6,7,8 ¼ L, step L together, heel bounces twice

Happy Dancing!

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