

Worth It

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Count: 32 **Wall:** 2 **Level:** Newcomer / Novice

Choreographer: Kitija Vāvere – Aug 2015

Music: "Worth It" by Fifth Harmony feat. Kid Ink (BPM 101)

STEP, FLICK, STEP SIDE, HEEL TWIST, STEP ¼ L, STEP TOGETHER, SHOULDER ROLL, HEEL TWIST, ARM MOVEMENT

1RF Step forward

&LF Flick behind RF

2LF Step to L

&LF Bring heel in

3LF Step on foot ¼ to L

&RF flick back

4RF Step beside LF

5 Bring left shoulder down, right shoulder up, making circle with chest (counterclockwise)

6 Bring right shoulder down, left shoulder up, finishing circle with chest

7RF Step to R

&RF Twist heel out, pushing right arm to R with left arm

8 Twist heel in, bring arm back

& Bring weight on RF, LF step next to RF, bringing both hands straight in front of chest (L arm over R arm)

PAUSE, HEAD MOVEMENT, BIG STEP ¼ L, TOUCH, KNEE BEND R,L,R 2X

9 Pause

10 Head wave (like saying "hey")

11LF Step big step 1/4 L, bring both hands down (6:00)

12RF Touch next to LF

13RF Bend knee diagonally R (with L arm brush R shoulder)

14LF Bend knee diagonally L (with R arm brush L shoulder)

15RF Bend knee diagonally R (punch R arm to R, and L arm forward)

16RF Bend knee diagonally R (punch R arm to R, and L arm forward)

STEP, TOUCH R, STEP, TOUCH L, STEP, TOUCH R, STEP, TOUCH L

17RF Step diagonally to R

18LF Touch behind RF

19LF Step diagonally to L

20RF Touch behind LF

21RF Step diagonally to R

22LF Touch behind RF

23LF Step diagonally to L

24RF Touch behind LF

STEP R, STEP L, ARM MOVEMENT, BEND KNEES, BRING BODY UP, BODY ROLL DOWN

25RF Step to R (hit R arm down on R side)

26LF Step to L (hit L arm down on L side)

27 Bring bent R arm in front of chest

28 Bring bent L arm in front of chest

29 Bend knees and make circle with upper body clockwise down (hands stay in front of chest)

30 Bring body up ending circle, legs straight

31LF Step next to RF

32 Body roll down, bringing both hands down on side

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