

Worth It

32 Count, 2 Wall, Improver

Choreographer: Kitija Vāvere (Aug 2015)

Choreographed to: Worth It by Fifth Harmony feat. Kid Ink
(101 bpm)

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

- 1 RF Step forward
- & LF Flick behind RF
- 2 LF Step to L
- & LF Bring heel in
- 3 LF Step on foot ¼ to L
- & RF flick back
- 4 RF 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
- 7 RF 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")
- 11 LF Step big step 1/4 L, bring both hands down (6:00)
- 12 RF Touch next to LF
- 13 RF Bend knee diagonally R (with L arm brush R shoulder)
- 14 LF Bend knee diagonally L (with R arm brush L shoulder)
- 15 RF Bend knee diagonally R (punch R arm to R, and L arm forward)
- 16 RF 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

- 17 RF Step diagonally to R
- 18 LF Touch behind RF
- 19 LF Step diagonally to L
- 20 RF Touch behind LF
- 21 RF Step diagonally to R
- 22 LF Touch behind RF
- 23 LF Step diagonally to L
- 24 RF Touch behind LF

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

- 25 RF Step to R (hit R arm down on R side)
- 26 LF 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
- 31 LF Step next to RF
- 32 Body roll down, bringing both hands down on side