

# Beneath The Sheets

**Choreographer:** Joshua Talbot      **July 2025**  
**Music:** Worst Way by Riley Green  
**Level:** **High** Intermediate  
**Counts:** 32 Rolling Counts, 4 walls      **Extras:** 1 restart  
**Intro:** 16 counts from heavy beat – start with Lyrics

Note: This routine is done completely facing the diagonals/angles of the room, you never straighten up to a solid wall. Start facing 10.30pm.

## **Section 1: FWD HITCH, BACK SWEEP, BACK SWEEP, BEHIND, SIDE, CROSS ROCK, RECOVER, 1/4, 1/2, BACK**

<b>1</b>	Step L fwd bring R knee up (start facing 10.30)	(10.30)
<b>2, 3</b>	Step R back sweeping L back, step L back sweeping R back	
<b>4 a5</b>	Step R behind L, step L to L, cross rock R over L	
<b>6 a</b>	Recover weight L, 1/4 R step on R	(1.30)
<b>7</b>	1/2 R step on L sweeping R back	(7.30)
<b>8</b>	Rock R back	

## **Section 2: FWD SWEEP, CROSS, SIDE, BEHIND SWEEP, BEHIND, 1/4 FWD, PIVOT**

<b>1/2, 1/2, 1/4, BEHIND, 1/4</b>		
<b>1</b>	Recover weight L fwd sweeping R fwd	
<b>2 a3</b>	Cross R over L, step L to L, step R behind L sweeping L back	
<b>4 a5</b>	Step L behind R, 1/4 R step on R, step L fwd	(10.30)
<b>6 a7</b>	1/2 R taking weight R, 1/2 R step onto L, 1/4 R step R to R	(1.30)
<b>8 a</b>	Step L behind R, 1/4 R step R fwd	(4.30)

## **Section 3: ROCK FWD, RECOVER, TOGETHER, BACK ROCK, RECOVER, TOGETHER, WALK FWD, ROCK FWD, RECOVER, BEHIND, SIDE, CROSS**

<b>1, 2a</b>	Rock L fwd, recover weight R, step L together	
<b>3, 4a</b>	Rock R back, recover weight L, step R together	
<b>5</b>	Step L fwd sweeping R fwd	
<b>6</b>	Press R fwd taking weight completely on R (slightly bring L towards R)	
<b>7</b>	Step L back sweeping R back	
<b>8&amp;a</b>	Step R behind L, step L to L, cross R over L	

## **Section 4: SIDE, ROCK BEHIND, RECOVER, SIDE, BEHIND, SIDE, CROSS ROCK, RECOVER, SIDE, CROSS, 1/4, 1/2 FWD**

<b>1, 2a</b>	Step L to L, rock R behind L, recover weight L	
<b>3, 4a</b>	Step R to R, step L behind R, step R to R	
<b>5, 6a</b>	Cross rock L over R, recover weight R, step L to L	
<b>7, 8a</b>	Cross R over L, 1/4 R step on L, 1/2 R step R fwd	(1.30)

**32**

**Restart: Wall 3 – 8 counts**