

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, $\frac{1}{4}$, $\frac{1}{2}$, BACK

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

Section 2: FWD SWEEP, CROSS, SIDE, BEHIND SWEEP, BEHIND, $\frac{1}{4}$ FWD, PIVOT $\frac{1}{2}$, $\frac{1}{2}$, $\frac{1}{4}$, BEHIND, $\frac{1}{4}$

1	Recover weight L fwd sweeping R fwd	
2 a3	Cross R over L, step L to L, step R behind L sweeping L back	
4 a5	Step L behind R, $\frac{1}{4}$ R step on R, step L fwd	(10.30)
6 a7	$\frac{1}{2}$ R taking weight R, $\frac{1}{2}$ R step onto L, $\frac{1}{4}$ R step R to R	(1.30)
8 a	Step L behind R, $\frac{1}{4}$ R step R fwd	(4.30)

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

1, 2a	Rock L fwd, recover weight R, step L together	
3, 4a	Rock R back, recover weight L, step R together	
5	Step L fwd sweeping R fwd	
6	Press R fwd taking weight completely on R (slightly bring L towards R)	
7	Step L back sweeping R back	
8&a	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, $\frac{1}{4}$, $\frac{1}{2}$ FWD

1, 2a	Step L to L, rock R behind L, recover weight L	
3, 4a	Step R to R, step L behind R, step R to R	
5, 6a	Cross rock L over R, recover weight R, step L to L	
7, 8a	Cross R over L, $\frac{1}{4}$ R step on L, $\frac{1}{2}$ R step R fwd	(1.30)

32

Restart: Wall 3 – 8 counts

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