

# It's Unhealthy

**COPPER KNOB**  
BY STEPHEN

Count: 32

Wall: 4

Level: Beginner

Choreographer: Darren Tubridy (UK) & David Sinfield (UK) - May 2023

Music: UNHEALTHY (feat. Shania Twain) - Anne-Marie



Music Available on iTunes, Spotify, Amazon Music

#32 Count Intro (Approx. 17 seconds) Start dance on word "Mother"  
No Tags! No Restarts! You're Welcome

## RIGHT SHUFFLE, LEFT SHUFFLE, ROCK STEP, COASTER STEP

1&2 Step forward R, Close L beside R, Step forward R  
3&4 Step forward L, Close R beside L, Step forward L  
5-6 Rock forward on R, Replace weight onto L  
7&8 Step R back, Step L beside R, Step R forward

## ROCK FORWARD, SHUFFLE 1/2 TURN LEFT, SHUFFLE 1/4 LEFT, BACK ROCK

1-2 Rock forward L, Replace weight onto R  
3&4 Shuffle 1/2 turn L stepping L,R,L  
5&6 Shuffle 1/4 turn L, stepping R,L,R  
7-8 Rock L back, Replace weight onto R

## SIDE ROCK, BEHIND, SIDE, FORWARD, HEEL SWITCHES, STEP PIVOT 1/2 L

1-2 Rock L to L, replace weight onto R  
3&4 Cross L behind R, step R to R, step L forward  
5& Touch R heel forward, Step R down  
6& Touch L heel forward, Step L down  
7-8 Step R forward, pivot 1/2 turn L

## JAZZ BOX, ROCKING CHAIR

1-2 Cross R over L, Step back L  
3-4 Step R to R, Step L beside R (keeping weight on L)  
5-6 Rock forward R, replace weight onto L  
7-8 Rock Back on R, replace weight onto L

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