

# Unhealthy

**COPPER** **NOB**  
STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Vibeke B. Søgård (DK) - July 2023

**Music:** UNHEALTHY (feat. Shania Twain) - Anne-Marie : (Spotify and Amazon)



**#32 Count Intro (Approx. 17 seconds). Start with weight on your left foot.  
No Tags. No Restarts.**

## **Sec.: 1 SIDE ROCK, RECOVER, SAILOR STEPS**

1-2 Rock R to right, recover onto L  
3&4 Step R behind L, Step L to side, Step R in place  
5-6 Rock L to left, recover onto R  
7&8 Step L behind R, Step R in place, Step L in place

## **Sec.: 2 WALK-WALK, OUT-OUT, BALL-CROSS, SLIDE, DRAG, KICK-BALL-TOUCH**

1-2 Walk Fwd R, Walk Fwd L  
&3 Step out on R, Step out on L  
&4 Step on ball of R next to L, Cross L over R  
5-6 Step R long step to R side, Touch L next to R  
7&8 Kick L to L diagonal, Step L next to R, Touch R next to L

## **Sec.: 3 ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, CHASSE ¼ TURN**

1 - 2 Rock R fwd, Recover on L  
3&4 Step R back, Step L beside R, Step R fwd  
5 - 6 Rock L fwd, Recover on R  
7&8 ¼ Turn L stepping to L side, Step R beside L, Step L to left

## **Sec.: 4 VAUDEVILLE, ROCKING CHAIR**

1&2& Cross R over L, Step L to L side, R heel to R diagonal, Step R in place  
3&4& Cross L over R, Step R to R side, L heel to L diagonal, Step L in place  
5 - 8 Rock forward on R, Recover on L, Rock back on R, Recover on L

**Ending: To end towards 12:00: Dance wall 8 and step forward on R.**

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