

# Unhealthy

**COPPER** **NOB**  
BY STEPHEN

Count: 32

Wall: 4

Level: Improver

Choreographer: Lisa Barnsley (UK) - October 2023

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



**Intro: 32 counts**

**Note: no tags, no restarts**

## **R SYNCOPATED GRAPEVINE WITH HEEL DIG, CLOSE, 2 X HEEL SWITCHES R L, 1/4 PIVOT LEFT**

1,2& Step R to right side. Cross L behind R. Step R to right side.  
3,4 Touch L heel diagonally forward. Step L beside R.  
5&6& Touch R heel forward. Step R beside L. Touch L heel forward. Step L beside R.  
7,8 Step forward R. Pivot 1/4 turn L.

## **2 X SAILOR STEP R L, R JAZZ BOX ENDING WITH SWAYS R L)**

1&2 Sailor step R L R [Step R behind L. Step L to left side. Step R to right side]  
3&4 Sailor step L R L [Step L behind R. Step R to right side. Step L to left side]  
5,6 Cross R over L. Step back L.  
7,8 Step R to right side. Recover weight on L.

## **RIGHT SIDE SHUFFLE, ROCK BACK RECOVER, 1/4 LEFT SHUFFLE, PADDLE 1/4 LEFT**

1&2 Side shuffle to right: stepping R L R  
3,4 Rock back L. Recover weight on R.  
5&6 Shuffle 1/4 turn left: stepping L R L  
7,8 Paddle 1/4 turn L.

## **PADDLE 1/4 LEFT, CROSS RIGHT, STEP BACK 1/4 TURN, SHUFFLE BACK R, COASTER STEP L**

1,2 Paddle 1/4 turn L.  
3,4 Step R across L. Step back 1/4 turn right on L foot.  
5&6 Shuffle back: stepping R L R.  
7&8 Coaster step L R L [Step back L. Step R beside L. Step forward L]

**START AGAIN**

**DANCE ENDS FACING 9:00 ~ TURN TO 12:00 ON FINAL COUNT TO FINISH**

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