

Not Unhealthy

Compte: 32

Mur: 4

Niveau: Easy Intermediate



Chorégraphe: Gordon Elliott (AUS) - August 2023

Musique: UNHEALTHY (feat. Shania Twain) - Anne-Marie : (Album: Unhealthy. - Single)

This dance is done in FOUR directions. Introduction : 32 Beats

Original Position: Feet Together Weight On The Left Foot.

SIDE, ROCK & SIDE, ROCK, SAILOR STEP, SAILOR STEP

- 1, 2 Step R To The Side, Side Rock Onto L,
- & Step R Together,
- 3, 4 Step L To The Side, Side Rock Onto R,
- 5 & 6 Sailor: Step L Behind Right, Step R To The Side, Step L To The Side
- 7 & 8 Sailor : Step R Behind Left, Step L To The Side, Step R To The Side.(12.00)

BACK, ROCK, PIVOT TURN, PADDLE TURN, ACROSS, TOUCH

- 1, 2 Step L Back, Rock Forward Onto R,
- 3, 4 Pivot : Step L Forward, Turn 180° Right Take Weight Onto R, (6.00)
- 5, 6 Paddle : Step L Forward, Turn 90° Right Take Weight Onto R, (9.00)
- 7, 8 Step L Across In Front Of Right, Touch R Toe To The Side. (9.00)

CROSS SAMBA, FORWARD, SCUFF, JAZZ BOX FORWARD

- 1 & 2 Step R Across In Front Of Left, Step L To The Side, Step R To The Side,
- 3, 4 Step L Forward, Scuff R Forward,
- 5, 6 Jazz Box : Step R Across In Front Of Left, Step L Back,
- 7, 8 Step R To The Side, Step L Forward. (9.00)

FORWARD, ROCK, 1/2 SHUFFLE FORWARD, 1/2 SHUFFLE BACK, BACK, ROCK

- 1, 2 Step R Forward, Rock Back Onto L,
- 3 & 4 Turn 180° Right Shuffle Forward Step : R-L-R, (3.00)
- 5 & 6 Turn 180° Right Shuffle Back Step : L-R-L,
- 7, 8 Step R Back, Rock Forward Onto L. (9.00)

[32] REPEAT THE DANCE IN NEW DIRECTION
