

Unhealthy

COPPER **NOB**
BY STEPHEN

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Lisa Barnsley (UK) - October 2023

Musique: 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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