

It's Unhealthy

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Darren Tubridy (UK) & David Sinfield (UK) - May 2023
音乐: 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
