

# Unhealthy

拍数: 48      墙数: 2      级数: Phrased Intermediate  
编舞者: Mimmi Danielsson (SWE) & Marie Olsson (SWE) - October 2023  
音乐: UNHEALTHY (feat. Shania Twain) - Anne-Marie



**Intro: Starts directly on the first count. No restarts, no tags**

**Sequence: AA BB BA BB B**

## **A1 Basic NC L, Weave, Scissor step 1/8 L, 1 3/4 Turn R**

1-2&      Step LF to L side, step RF behind LF, cross RF over LF slightly  
3-4&      Step RF to R side, Step LF behind RF, Step RF to R side  
5-6&      Step LF cross over RF, Step RF to R side, Step LF together and turn 1/8 L (10:30)  
7&8&      Step RF cross over LF, turn 1/4 R and step LF back (1:30), turn 1/2 R and step RF forward (7:30), step LF back and make a full turn R (7:30)

## **A2 Walk, Walk & Hitch, Shuffle back with sweep 1/8 R, Weave, Pivot 1/4 L, Cross**

1-2      Step RF forward, Step LF forward and hitch with right leg  
3&4      Step RF back, Step LF together, Step RF back and sweep LF from front to back turning 1/8 R (9:00)  
5&6      Step LF behind RF, Step RF to right side, Step LF cross over RF  
7&8      Step RF slightly forward, pivot 1/4 L and step down on LF, Step RF cross over LF (6:00)

## **B1 Chasse, Chasse 1/4 R, Kickball change, toe strut 1/2**

1&2      Step LF to L side, Step RF together, Step LF to L side  
3&4      Step RF 1/4 R, Step LF together, Step RF to R side (3:00)  
5&6      Kick LF, Recover on LF ball, Step down on RF  
7-8      Step L toe forward, Turn 1/2 R Step down LF (9:00)

## **B2 Full turn back, Coasterstep, Ball cross x4**

1-2      Turn 1/2 R and step RF forward, Turn 1/2 R and step LF back  
3&4      Step RF back, Step LF together, Step RF forward  
5&6&      Cross LF over RF, Step RF behind, Cross LF over RF, Step RF behind  
7&8      Cross LF over RF, Step RF behind, Cross LF over RF

## **B3 Rock, Recover, Sailor turn 1/4 R, Cross, Side, Sailor heel**

1-2      Step RF forward, Recover on LF  
3&4      Step/sweep RF behind LF and turn 1/4 R, Step LF forward, Step RF to R side  
5-6      Step LF cross over RF, Step RF to R side  
7&8&      Cross LF behind RF, Step RF to R side, Touch L heel forward to L diagonal, Step down on LF

## **B4 Walk, Walk, Anchor step, Coaster step, Turn 1/2 L, Touch**

1-2      Step RF forward, Step LF forward  
3&4      Lock RF behind LF, Step LF in place, Step back on RF  
5&6      Step LF back, Step RF together, Step LF forward  
7-8      Step RF forward and turn 1/2 L, Touch LF next to RF (6.00)

Enjoy and Good Luck ☐

Submitted by: Marie Olsson, meolsson@gmail.com

<https://open.spotify.com/track/2doTn2LWTKN1Z0IZJG2WQw?si=03a2c2fabaa94af0>

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