

So Unhealthy

拍數: 32 牆數: 4 級數: Improver
編舞者: Heather Barton (SCO) - July 2023
音樂: UNHEALTHY (feat. Shania Twain) - Anne-Marie



INTRO: Before we start the main dance, we dance 4x two sections of 8 counts as a 64 count intro

S1: Step Fwd/Sweep, Cross, Side, Behind, Behind, Side

1-2 RF step forward & sweep LF forward over two counts
3-4 LF cross over RF, RF step side,
5-6 LF cross behind RF & sweep RF backwards over two counts
7-8 RF cross behind LF, LF step side

S2: Cross Rock/Recover, Chasse ¼ Turn, Rock Fwd/Recover, Large Step Back, Hook

1-2 RF rock across LF, recover on RF
3&4 RF step side, LF close next to RF, ¼ turn R & RF step forward
5-6 LF rock forward, recover on RF
7-8 LF large step back, RF hook across LF

Note: the 4th time you'll dance the intro, replace count 16 (hook) with a RF touch next to LF

MAIN DANCE:

S1: Side Rock/Recover, Vaudeville, Cross, ¼ Back, Shuffle Back

1-2 RF rock side, recover on LF
3&4& RF cross over LF, LF step side, RF dig heel diagonally R-forward, RF close on ball next to LF
5-6 LF cross over RF, ¼ turn L & RF step back (9:00)
7&8 LF step back, RF close next to LF, LF step back

S2: Rock Back/Recover, Cross Samba, Weave

1-2 RF rock back, recover on LF
3&4 RF cross over LF, LF rock side, recover on RF
5-6 LF cross over RF, RF step side
7-8 LF cross behind RF, RF step side

S3: Cross Rock/Recover, Chasse ¼ Turn, ¼ Point, Flick, Cross Shuffle

1-2 LF rock across RF, recover on RF
3&4 LF step side, RF close next to LF, ¼ turn L & LF step forward (6:00)
5-6 Make ¼ turn L on LF & point RF side, flick R (3:00)
7-8 RF cross over LF, LF step side, RF cross over LF

S4: ½ Hinge turn, Cross Rock/Recover, Side, Hold, Ball, Side, Touch

1-2 ¼ turn R & LF step back, ¼ turn R & RF step side (9:00)
3-4 LF rock across RF, recover on RF
5-6 LF step side, hold
&7-8 RF close on ball next to LF, LF step side, RF touch next to RF

Start again!