

# 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!**