

Still Unhealthy

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Steffie ROBERT (FR) & Jonathan YANG (FR) - July 2023
音樂: UNHEALTHY (feat. Shania Twain) - Anne-Marie



Introduction : 32 counts

[1-8] : HEEL TWIST, ROCK BACK, TRIPLE FORWARD, STEP 1/4 TURN

1&2 Touch R foot forward, Twist R Heel OUT, Twist R Heel IN
3.4 Rock R foot back, recover on L foot forward
5&6 Triple step forward : R-L-R
7.8 Step L foot forward, 1/4 turn right ending weight on R foot to R side – 03 :00 –

[9-16] : CROSS, SIDE, CROSS, SYNCOPATED OUT-OUT, 2 STEPS BACK, ROCK BACK

1.2.3 Cross L foot over R foot, Step R foot to R side, Cross L foot over R foot – 04 :30 –
&4 Step R heel forward on R diagonal “OUT”, Step L heel forward on L diagonal “OUT” – 04 :30
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5.6 Step R foot back, Step L foot back– 04 :30 –
7.8 1/8 turn R rocking R foot back, recover on L foot forward– 06:00 –

[17-24] : DOROTHY STEP R&L, HEEL SWITCHES, HEEL, HOOK, HEEL, FLICK

1.2& Step R foot forward on R diagonal, Step L foot behind R foot, Step R foot next to L foot
3.4& Step L foot forward on L diagonal, Step R foot behind L foot, Step L foot next to R foot
5& Touch R heel forward, step R foot next to L foot
6& Touch L heel forward, step L foot next to R foot
7& Touch R heel forward, Hook R over L foot
8& Touch R heel forward, Flick R foot back

[25-32] : STOMP, HOLD, 1/4 TURN SIDE TRIPLE, STOMP, HOLD, 1/4 TURN SIDE TRIPLE

1.2 Stomp R foot to R side, Hold
3&4 1/4 turn L with Side Triple to L side : L-R-L – 03 :00 –
5.6 1/4 turn L stomping R foot to R side, Hold – 12 :00 –
7&8 1/4 turn L with Side Triple to L side : L-R-L – 09 :00 –

Dance co-written with Steffie ROBERT, and especially taught during festival “Country En Retz”, to Saint-Viaud, Pays de la Loire – 44, France

Bonne danse !