

# Not Unhealthy

COPPERKNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Gordon Elliott (AUS) - August 2023  
音樂: UNHEALTHY (feat. Shania Twain) - Anne-Marie : (Album: Unhealthy. - Single)



This dance is done in FOUR directions. Introduction : 32 Beats  
Original Position: Feet Together Weight On The Left Foot.

## SIDE, ROCK & SIDE, ROCK, SAILOR STEP, SAILOR STEP

1, 2            Step R To The Side, Side Rock Onto L,  
&              Step R Together,  
3, 4            Step L To The Side, Side Rock Onto R,  
5 & 6          Sailor: Step L Behind Right, Step R To The Side, Step L To The Side  
7 & 8          Sailor : Step R Behind Left, Step L To The Side, Step R To The Side.(12.00)

## BACK, ROCK, PIVOT TURN, PADDLE TURN, ACROSS, TOUCH

1, 2            Step L Back, Rock Forward Onto R,  
3, 4            Pivot : Step L Forward, Turn 180° Right Take Weight Onto R, (6.00)  
5, 6            Paddle : Step L Forward, Turn 90° Right Take Weight Onto R, (9.00)  
7, 8            Step L Across In Front Of Right, Touch R Toe To The Side. (9.00)

## CROSS SAMBA, FORWARD, SCUFF, JAZZ BOX FORWARD

1 & 2          Step R Across In Front Of Left, Step L To The Side, Step R To The Side,  
3, 4            Step L Forward, Scuff R Forward,  
5, 6            Jazz Box : Step R Across In Front Of Left, Step L Back,  
7, 8            Step R To The Side, Step L Forward. (9.00)

## FORWARD, ROCK, 1/2 SHUFFLE FORWARD, 1/2 SHUFFLE BACK, BACK, ROCK

1, 2            Step R Forward, Rock Back Onto L,  
3 & 4          Turn 180° Right Shuffle Forward Step : R-L-R, (3.00)  
5 & 6          Turn 180° Right Shuffle Back Step : L-R-L,  
7, 8            Step R Back, Rock Forward Onto L. (9.00)

[32] REPEAT THE DANCE IN NEW DIRECTION

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