

It's Unhealthy

拍數: 64 牆數: 2 級數: Improver
編舞者: Agnethe Hansen (DK) - November 2023
音樂: UNHEALTHY (feat. Shania Twain) - Anne-Marie



Intro: 2 count start on 3 ;-)

Rumba Shuffle forwards on Right -Rumba shuffle forwards on left

1-2 Step right foot to right side (1) Step left foot beside right foot (2)
3&4 Step forward on right foot (3) Step left foot beside right (&) Step forward on right foot (4)
5-6 Step left foot to left side (5) Step right foot beside left (6)
7&8 Step forward on left (7) Step right foot beside left (&) Step forward on left

Cross right, back left, side right – Cross left, back right, side left – Cross right, back left (traveling backwards)

1-2-3 Cross right foot over left foot (1) step back on left foot (2) Step right foot to right side (3)
4-5-6 Cross left foot over right foot (4) step back on right Foot (5) Step left foot to left side (6)
7-8 Cross right foot over left foot (7) Step back on left Foot (8)

Chasse right - back rock left – Chasse left – ¼ turn Chasse right

1&2 Step right foot to right side (1) Step left foot beside Right foot (&) Step right foot to right side (2)
3-4 Rock back on left foot (3) recover on right foot (4)
5&6 Step left foot to left side (5) step right foot beside left foot (&) Step left foot to left side (6)
7&8 ¼ turn right stepping right foot to right side (7) Step left foot beside right (&) Step right foot to right side (8)

Rocking chair left – Step forward left - ½ turn right – step forward left - touch right

1-2 Rock forward on left foot (1) Recover on right foot (2)
3-4 Rock back on left foot (3) Recover on right foot (4)
5-6 Step forward on left foot (5) Make a ½ turn right stepping forward on right foot (6)
7-8 Step forward on left foot (7) Touch right toe beside left foot (8)

Shuffle back right - ½ turn left - shuffle forward right – Rocking chair left

1&2 Step right foot back (1) Step left foot next to right (&) Step right foot back (2)
3&4 Make a ½ turn left Stepping forward on left (3) Step forward on right (&) Step left foot forward (4)
5-6 Rock forward on right (5) Recover on left (6)
7-8 Rock back on right (7) Recover on left (8)

Step forward left - ¼ turn left – Cross Shuffle right over left – Side Rock left – Behind side Cross right

1-2 Step forward on right (1) make a ¼ turn left recover on left (2)
3&4 Cross right foot over left foot (3) step left foot to left side (&) Cross right foot over left foot (4)
5-6 Rock left foot to left side (5) recover on right foot (6)
7&8 step left foot behind right foot (7) step right foot to right side (&) Cross left foot over right foot (8)

Side right - hold and Side Touch right -Full turn left, touch right

1-2& Step right foot to right side (1) Hold (2) Step left foot beside right foot (&)
3-4 Step right foot to right side (3) Touch left toe beside right foot (4)
5-6 Make a ¼ turn left stepping forward on left foot (5) Make a ½ turn stepping back on right foot (6)
7-8 Make a ¼ turn left stepping to left side (7) Touch right toe beside left foot (8)

Paddle ¼ turn to left – paddle ¼ turn to left -Jazzbox right over left - cross left over right

- 1-2 Step forward on right foot (1) make a ¼ turn left (weight on left) (2)
- 3-4 Step forward on right foot (3) make a ¼ turn left (weight on left) (4)
- 5-6 Step right foot over left foot (5) Step back on left foot (6)
- 7-6 Step right foot to right side (7) Cross left foot over right foot (weight on left) (8)

Ending on wall 5 after 32 counts after touch on right a ¼ turn to right stepping down on right.
