

Unhealthy

拍數: 64 牆數: 4 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - February 2024
音樂: UNHEALTHY (feat. Shania Twain) - Anne-Marie : (Spotify/Apple Music/Deezer)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(Intro: Start on the word "Love")

[S1] Fwd, Touch, Back, Touch, Roll Fwd, Fwd, Touch

1 2 3 4 Step forward on R, Touch L toe behind R, Step back on L, Touch R beside L
5 6 Step forward on R, Make a ½ turn right stepping back on L
7 8 Make a ½ turn right stepping forward on R (12:00), Touch L beside R

[S2] Side, Behind-1/4L, Side, Behind, Box 1/4R

1 2& Step L to the side, Step R behind L, Make a ¼ turn left stepping forward on L (9:00)
3 4 Step R to the side, Rock L behind R
5 6 Replace weight on R/cross R over L, Make a ¼ turn right stepping back on L (12:00)
7 8 Step R to the side, Step forward on L

[S3] Side, L Heel Toe Swivel In, Side-R Heel Toe Swivel In, Side, Sailor 1/4L-Step, Touch

1 2& Step R to the side, Swivel L heel in, Swivel L toe in
3&4 Step L to the side, Swivel R heel in, Swivel R toe in
5 6& Step R to the side, Step L behind R, Make a ¼ turn left stepping R to the side (9:00)
7 8 Step L to the side, Touch L next to R

[S4] Monterey 1/4R, Triple 1/2R, Fwd-3/4L Back-Lock-Back-

1 2 Point R to the side, Make a ¼ turn right on L foot stepping R together (12:00)
3&4 Triple turn ½ right on L-R-L (6:00)
5 6 Step forward on R, Make a ¾ turn left recover weight on L (9:00)
7&8 Step back on R, Lock L over R, Step back on R -continue turning left -

[S5] -1/4L Back w/ Sweep, Behind, Side, Cross w/ Sweep, Cross (into Reverse Side Roll), 1/4L-

1 2 - Make a ¼ turn left stepping back on L (6:00), Sweeping R around from the front to the back
3 4 5 6 Step R behind L, Step L to the side, Cross R over L, Sweep L around from the back to the front
7 8 Cross L over R, Make a ¼ turn left stepping back on R -continue turning left -

[S6] 1/2L, 1/4L, Reverse Syncopated Rocking Chair, Back Rock, 1/2R, Run back

1 2 - Make a ½ turn left stepping forward on L, Make a ¼ turn left stepping R to the side (6:00)
3&4& Rock back on L, Replace weight on R, Rock forward on L, Replace weight on R
5 6 7 Rock back on L, Replace weight on R, Make a ½ turn right stepping back on L (12:00)
8& Run back on R-L

[S7] Back w/ Sweep, Behind, Side, Cross w/ Sweep, Cross, Scissor-

1 2 Step back on R, Sweeping L around from the front to the back
3 4 5 6 Step L behind R, Step R to the side, Cross L over R, Sweep R around from the back to the front
7 8& Cross R over L, Step L to the side, Step R next to L-

[S8] -Cross, 1/4L, Back Rock, Stomp, Hold & Clap, 1/2R Stomp, Hold & Clap, Ball-

1 2 - Cross L over R, Make a ¼ turn left stepping back on R (9:00)
3 4 Rock back on L, Replace weight on R
5 6 Stomp forward on L, Hold and clap

7 8& Make a ½ turn right stomp R forward (3:00), Hold & clap, Ball step L beside R

Ending suggestion: The last wall starts facing 12:00. Dance up to count 32 (9:00), Make a ¾ urn left on ball of R foot, Stepping forward on L (12:00).

(updated: 7/Feb/24)
