

# Unhealthy

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Lisa Barnsley (UK) - October 2023  
音樂: UNHEALTHY (feat. Shania Twain) - Anne-Marie



Intro: 32 counts

Note: no tags, no restarts

## R SYNCOPATED GRAPEVINE WITH HEEL DIG, CLOSE, 2 X HEEL SWITCHES R L, 1/4 PIVOT LEFT

1,2&      Step R to right side. Cross L behind R. Step R to right side.  
3,4      Touch L heel diagonally forward. Step L beside R.  
5&6&      Touch R heel forward. Step R beside L. Touch L heel forward. Step L beside R.  
7,8      Step forward R. Pivot 1/4 turn L.

## 2 X SAILOR STEP R L, R JAZZ BOX ENDING WITH SWAYS R L)

1&2      Sailor step R L R [Step R behind L. Step L to left side. Step R to right side]  
3&4      Sailor step L R L [Step L behind R. Step R to right side. Step L to left side]  
5,6      Cross R over L. Step back L.  
7,8      Step R to right side. Recover weight on L.

## RIGHT SIDE SHUFFLE, ROCK BACK RECOVER, 1/4 LEFT SHUFFLE, PADDLE 1/4 LEFT

1&2      Side shuffle to right: stepping R L R  
3,4      Rock back L. Recover weight on R.  
5&6      Shuffle 1/4 turn left: stepping L R L  
7,8      Paddle 1/4 turn L.

## PADDLE 1/4 LEFT, CROSS RIGHT, STEP BACK 1/4 TURN, SHUFFLE BACK R, COASTER STEP L

1,2      Paddle 1/4 turn L.  
3,4      Step R across L. Step back 1/4 turn right on L foot.  
5&6      Shuffle back: stepping R L R.  
7&8      Coaster step L R L [Step back L. Step R beside L. Step forward L]

START AGAIN

DANCE ENDS FACING 9:00 ~ TURN TO 12:00 ON FINAL COUNT TO FINISH

Submitted by: Monica Pearn - Email: [monicapearn@gmail.com](mailto:monicapearn@gmail.com)