

Not Unhealthy

COPPER KNOB
BY STEPHEN

Count: 32

Wall: 4

Level: Easy Intermediate

Choreographer: Gordon Elliott (AUS) - August 2023

Music: 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
