

Unhealthy

拍數: 48 牆數: 2 級數: Phrased Intermediate
編舞者: Mimmi Danielsson (SWE) & Marie Olsson (SWE) - October 2023
音樂: UNHEALTHY (feat. Shania Twain) - Anne-Marie



Intro: Starts directly on the first count. No restarts, no tags

Sequence: AA BB BA BB B

A1 Basic NC L, Weave, Scissor step 1/8 L, 1 ¾ Turn R

1-2& Step LF to L side, step RF behind LF, cross RF over LF slightly
3-4& Step RF to R side, Step LF behind RF, Step RF to R side
5-6& Step LF cross over RF, Step RF to R side, Step LF together and turn 1/8 L (10:30)
7&8& Step RF cross over LF, turn ¼ R and step LF back (1:30), turn ½ R and step RF forward (7:30), step LF back and make a full turn R (7:30)

A2 Walk, Walk & Hitch, Shuffle back with sweep 1/8 R, Weave, Pivot ¼ L, Cross

1-2 Step RF forward, Step LF forward and hitch with right leg
3&4 Step RF back, Step LF together, Step RF back and sweep LF from front to back turning 1/8 R (9:00)
5&6 Step LF behind RF, Step RF to right side, Step LF cross over RF
7&8 Step RF slightly forward, pivot ¼ L and step down on LF, Step RF cross over LF (6:00)

B1 Chasse, Chasse 1/4 R, Kickball change, toe strut 1/2

1&2 Step LF to L side, Step RF together, Step LF to L side
3&4 Step RF 1/4 R, Step LF together, Step RF to R side (3:00)
5&6 Kick LF, Recover on LF ball, Step down on RF
7-8 Step L toe forward, Turn ½ R Step down LF (9:00)

B2 Full turn back, Coasterstep, Ball cross x4

1-2 Turn ½ R and step RF forward, Turn 1/2 R and step LF back
3&4 Step RF back, Step LF together, Step RF forward
5&6& Cross LF over RF, Step RF behind, Cross LF over RF, Step RF behind
7&8 Cross LF over RF, Step RF behind, Cross LF over RF

B3 Rock, Recover, Sailor turn ¼ R, Cross, Side, Sailor heel

1-2 Step RF forward, Recover on LF
3&4 Step/sweep RF behind LF and turn ¼ R, Step LF forward, Step RF to R side
5-6 Step LF cross over RF, Step RF to R side
7&8& Cross LF behind RF, Step RF to R side, Touch L heel forward to L diagonal, Step down on LF

B4 Walk, Walk, Anchor step, Coaster step, Turn ½ L, Touch

1-2 Step RF forward, Step LF forward
3&4 Lock RF behind LF, Step LF in place, Step back on RF
5&6 Step LF back, Step RF together, Step LF forward
7-8 Step RF forward and turn 1/2 L, Touch LF next to RF (6.00)

Enjoy and Good Luck ☐

Submitted by: Marie Olsson, meolsson@gmail.com

<https://open.spotify.com/track/2doTn2LWTKN1Z0IZJG2WQw?si=03a2c2fabaa94af0>

Last Update: 2 Nov 2023

