

NOT UNHEALTHY

SONG: "UNHEALTHY" by ANNE-MARIE (Feat. Shania Twain).
ALBUM: "UNHEALTHY". (Single) **LEVEL:** EASY INTERMEDIATE
ORIGINAL POSITION: FEET TOGETHER WEIGHT ON THE LEFT FOOT.
CHOREOGRAPHER: GORDON ELLIOTT. Sydney. NSW. AUSTRALIA. August 2023.

BEATS	STEPS: This dance is done in FOUR directions. Introduction : 32 Beats
1, 2 & 3, 4 5 & 6 7 & 8	<p>SIDE, ROCK & SIDE, ROCK, SAILOR STEP, SAILOR STEP STEP R TO THE SIDE, SIDE ROCK ONTO L, STEP R TOGETHER, STEP L TO THE SIDE, SIDE ROCK ONTO R, SAILOR: STEP L BEHIND RIGHT, STEP R TO THE SIDE, STEP L TO THE SIDE SAILOR : STEP R BEHIND LEFT, STEP L TO THE SIDE, STEP R TO THE SIDE. (12.00)</p>
1, 2 3, 4 5, 6 7, 8	<p>BACK, ROCK, PIVOT TURN, PADDLE TURN, ACROSS, TOUCH STEP L BACK, ROCK FORWARD ONTO R, PIVOT : STEP L FORWARD, TURN 180° RIGHT TAKE WEIGHT ONTO R, (6.00) PADDLE : STEP L FORWARD, TURN 90° RIGHT TAKE WEIGHT ONTO R, (9.00) STEP L ACROSS IN FRONT OF RIGHT, TOUCH R TOE TO THE SIDE. (9.00)</p>
1 & 2 3, 4 5, 6 7, 8	<p>CROSS SAMBA, FORWARD, SCUFF, JAZZ BOX FORWARD STEP R ACROSS IN FRONT OF LEFT, STEP L TO THE SIDE, STEP R TO THE SIDE, STEP L FORWARD, SCUFF R FORWARD, JAZZ BOX : STEP R ACROSS IN FRONT OF LEFT, STEP L BACK, STEP R TO THE SIDE, STEP L FORWARD. (9.00)</p>
1, 2 3 & 4 5 & 6 7, 8	<p>FORWARD, ROCK, 1/2 SHUFFLE FORWARD, 1/2 SHUFFLE BACK, BACK, ROCK STEP R FORWARD, ROCK BACK ONTO L, TURN 180° RIGHT SHUFFLE FORWARD STEP : R-L-R, (3.00) TURN 180° RIGHT SHUFFLE BACK STEP : L-R-L, STEP R BACK, ROCK FORWARD ONTO L. (9.00)</p>
32	REPEAT THE DANCE IN NEW DIRECTION

