

So Unhealthy

32 count, 4 wall, improver level

Choreographer: Heather Barton, July 2023

Choreographed to: "Unhealthy" by Anne-Marie

The song starts with "Well, your love is worse..." - start Intro on the word "love".

We dance 4x two sections of the intro before starting the Main Dance.

Intro

I Section 1 Step Sweep, Cross Side, Behind Sweep, Behind Side

- 1-2 RF step forward sweeping LF forward over 2 counts
- 3-4 LF cross over RF, step RF right
- 5-6 Step LF behind RF sweeping RF backwards over 2 counts
- 7-8 Step RF behind LF, step LF left

I Section 2 Cross Rock, Chasse 1/4 R, Rock Step, Back, Hook

- 1-2 Cross RF over LF, recover on LF
- 3&4 Step RF right, close LF next to RF, turn 1/4 right stepping RF forward
- 5-6 LF rock forward, recover on RF
- 7-8 LF large step back, RF hook across LF

Note: *The 4th time you'll dance the intro, replace count 16 (hook) with a RF touch next to LF*

Main Dance

Section 1 Side Rock, Vaudeville, Cross, 1/4 Back, Shuffle Back

- 1-2 RF rock side, recover on LF
- 3&4& RF cross over LF, LF step side, RF dig heel diagonally R forward, step RF next to LF
- 5-6 LF cross over RF, 1/4 turn L stepping RF back (9:00)
- 7&8 LF step back, RF close next to LF, LF step back

Section 2 Rock Back, Cross Samba, Weave

- 1-2 RF rock back, recover on LF
- 3&4 RF cross over LF, LF rock side, recover on RF
- 5-6 LF cross over RF, RF step side
- 7-8 LF cross behind RF, RF step side

Section 3 Cross Rock, Chasse 1/4 Turn, 1/4 Point-Flick, Cross Shuffle

- 1-2 LF rock across RF, recover on RF
- 3&4 LF step side, RF close next to LF, 1/4 turn L stepping LF forward (6:00)
- 5-6 Make 1/4 turn L on LF pointing RF side, flick R (3:00)
- 7-8 RF cross over LF, LF step side, RF cross over LF

Section 4 1/2 Hinge Turn, Cross Rock, Side Hold & Side Touch

- 1-2 1/4 turn R stepping LF back, 1/4 turn R stepping RF right (9:00)
- 3-4 LF rock across RF, recover on RF
- 5-6 LF step side, hold
- &7-8 Step RF next to LF, LF step side, RF touch next to LF

Quelle:

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