Unhealthy

Count: 48 **Wall:** 2 **Level:** Phrased Intermediate

Choreographer: Luna VALERIOTI (FR) - July 2023

Music: UNHEALTHY (feat. Shania Twain) - Anne-Marie

Sequence : ABBB ABBB
Intro: Approx. 17 seconds, start on the word "and my mother says"
No tag, No restart

Part A (Nightclub) :
[1 – 8] (Nightclub Basic R, ½ with a Sweep) X2
1-2& Big Step R with RF (1), Close LF to RF (2), Step RF over LF (&) 12:00
3-4& Step LF to L side(3),1/2 turn to the R with a sweep on RF (4), Cross LF over RF (&) 6:00
5-6& Big Step R with RF (5), Close LF to RF (6), Step RF over LF (&) 6:00
7-8& Step LF to L side (7), ½ turn to the R with a sweep on RF (8), Cross LF over RF (&) 12:00

[9 – 16] Vine R side,(Setp turn Step X2), Step turn ¾
1-2& Step RF to R side (1), Cross LF behind RF (2), Step RF fwd turning ¼ turn over R shoulder (&) 3:00
3-4& Step LF fwd (3), Step RF fwd with a ½ turn over L shoulder (4), Step LF fwd (&) 9:00
5-6& Step RF fwd (5), Step LF fwd with a ½ turn over R shoulder (6), Step RF fwd (&) 3:00
7-8& Step LF fwd (7), Step RF fwd with a ¾ turn over L shoulder (8), Step LF fwd (&) 6:00

Part B (Funky) :
[1 – 8] R Rock Recover, L Vine, L Rock Recover, R Vine
1-2 Rock RF to R side (1), Recover on LF (2) 6:00
3&4 Cross RF behind LF (3), Step LF to L side (&), Cross RF over LF (4) 6:00
5-6 Rock LF to L side (5), Recover on RF (6) 6:00
7&8 Cross LF behind RF (7), Step RF to R side (&), Cross LF over RF (8) 6:00

[9 – 16] Step R ½ turn, Step X2, V Step, Step R ¼ turn
1-2 Step RF fwd with a ½ turn over L shoulder (1), Step LF fwd (2) 12:00
3-4 Step RF fwd (3), Step LF fwd (4)
&5&6 Step RF to R diagonal (&), Step LF to L diagonal (5), Step RF back (&), Close LF to RF (6) 12:00
7-8 Step RF fwd with a ¼ turn over L shoulder (7), Step LF to L side (8) 9:00

[17 – 24] L Weave, Rock L Recover, Cross Shuffle
1-2 Cross RF over LF (1), Step LF to L side (2) 9:00
3&4 Cross RF behind LF (3), Step LF to L side (&), Cross RF over LF (4) 9:00
5-6 Rock LF to L side (5), Recover on RF (6) 9:00
7&8 Cross LF over RF (7), Step RF to R side (&), Cross LF over RF (8) 9:00

[25 – 32] (Walk, Walk, Shuffle fwd) X2
1-2 1/8 R walk fwd RF (1), 1/8 turn walk L (2) 12:00
3&4 1/8 R Step fwd on R (3) Step L beside R (&) 1/8 R Step R fwd (4) 3:00
5-6 1/8 R walk fwd L (5), 1/8 turn R walk fwd R (6) 6:00
7&8 1/8 R Step fwd on L (7), Step R beside L (&), 1/8 R Step L fwd (8) 12:00

And Here We Go Again !