

# 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**

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