

Unhealthy

Julie Rhoades (UK) February 2025

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Counts:	Phrased A: 32 counts B: 32 counts	Walls: A: 2 walls B: 4 walls	4
Intro:	Quick intro - start on the word "love"	Level:	Easy Intermediate
Choreographer:	Julie Rhoades (UK) February 2025		
Music:	Unhealthy by Anne Marie (feat. Shania Twain)		
Sequence	A (to 12 o'clock), A (to 6 o'clock), B (to 12 o'clock), dance B until wall 6, A (to 9 o'clock), B to finish		

Part A

Section 1

Box step

1-2	Step RF fwd, hold
3-4	Step LF to L, close RF to LF
5-6	Step LF back, hold
7-8	Step RF to R, close LF to RF.

Section 2

Step & sweep fwd, cross side, back & sweep back, back, side

1-2	Step RF fwd, sweep LF to front
3-4	Step LF slightly across RF, step RF to R side
5-6	Step LF back, sweep RF to back
7-8	Step RF back, step LF to L side

Section 3

Side, hold, rock step to R & L,

1-2	Step RF to R side, hold
3-4	Rock back on LF, recover to RF
5-6	Step LF to L side, hold
7-8	Rock back on RF, recover to LF

Section 4

Side, hold, rock step, step, hold, ½ pivot L

1-2	Step RF to R side, hold
3-4	Rock back on LF, recover to RF
5-6	Step LF fwd, hold
7-8	Step RF fwd, pivot ½ L with weight ending on LF

Part B	
Section 1	
Side rock, behind, side, cross on R & L	
1-2	Rock RF to R side, recover to LF
3&4	Step RF behind LF, step LF to L side, step RF across LF
5-6	Rock LF to L side, recover to RF
7&8	Step LF behind RF, step RF to R side, step LF across RF
Section 2	
R shuffle, L shuffle, heel switches R&L, and stomp, heel twists	
1&2	Step RF fwd, close LF to RF, Step RF fwd
3&4	Step LF fwd, close RF to LF, Step LF fwd
5&6	Touch R heel fwd, close RF to LF, touch L heel fwd
&7&8	close LF to RF, stomp RF fwd keeping weight on LF, twist both heels out, bring both heels in replacing weight to LF
Section 3	
Pivot ¼ to L, rock, recover, close, kick & point on L & R	
1-2	Step RF fwd, pivot ¼ to L stepping LF to L side
3&4	Rock RF fwd, recover to LF, close RF to LF
5&6	Kick LF fwd, close LF to RF, point RF to R side
7&8	Kick RF fwd, close RF to LF, point LF to L side
Section 4	
¼ sailor turn, ¼ pivot L. jazz box	
1&2	Cross LF behind RF, turn ¼ left and rock RF to side, recover to LF
3-4	Step RF fwd, pivot ¼ to L stepping LF to L side
5-6	Step RF across LF, step LF back
7-8	Step RF to R side, close LF next to RF

Enjoy!