

# Unhealthy

**Level:** Easy Intermediate  
**Artist:** Anne-Marie (Feat Shania Twain)  
**Choreo:** Christine Collins  
**Speed:** Normal  
**Sequence:** A, B, C, D, A, B, C\*  
**Wait:** 32 beats

**Genre:** Pop

**Length:** 2:29

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## Quick Cues

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### Part A (32 Beats)

8 2 Slow Slur Step (L)  
4 Fancy Triple  
4 Fancy Double (Rft)  
16 REPEAT OPP FOOTWORK and DIR

### Part B (32 Beats)

8 Stomp High Horse  
4 Half Cole Step  
4 Pivot Chain (1/2R)  
16 REPEAT

### Part C (32 Beats)

8 Samantha (1/2R)  
8 2 Windster  
16 REPEAT

### Part D (32 Beats)

8 2 Rocking Rock  
8 2 Stomp Double (1/4L ea)  
16 REPEAT

### Part A (32 Beats)

8 2 Slow Slur Step  
4 Fancy Triple  
4 Fancy Double  
16 REPEAT OPP FOOTWORK and DIR

### Part B (32 Beats)

8 Stomp High Horse  
4 Half Cole Step  
4 Pivot Chain (1/2R)  
16 REPEAT

### Part C\* (65 Beats)

8 Samantha (1/2R)  
8 2 Windster  
8 2 Rocking Rock  
8 2 Stomp Double (1/2L ea)  
8 Samantha (1/2R)  
8 2 Windster  
8 2 Rocking Rock  
8 2 Stomp Double (1/2L ea)  
1 Step (OTS)



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## **Step Definitions - Unhealthy**

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### **SLOW SLUR STEP**

DS (OTS) (P) (P) SLR (P) S (XIB)  
L R R  
&1 & 2 &3 & 4

### **FANCY TRIPLE**

DS (OTS) DS (XIF) DS (XIB) R (OTS) S (XIF)  
L R L R L  
&1 &2 &3 & 4

### **FANCY DOUBLE**

DS DS RS RS  
L R LR LR  
&1 &2 &3 &4

### **STOMP HIGH HORSE**

(P) STO DT (XIF) SL DT (X) SL BA (OTS) BA (XIF) HD/BA LIFT/SL DS DS RS  
L R L R L R L L /R L /R L R LR  
& 1 & 2 & 3 & 4 & 5 &6 &7 &8

### **HALF COLE STEP**

DS-SL R S-SL RS  
L L R L L RL  
&1 & 2 & 3 &4

### **PIVOT CHAIN**

DS [RS RS RS] (TURN 1/2R)  
R LR LR LR  
&1 &2 &3 &4

### **SAMANTHA**

DS DS (XIF) DR S (BK) DR S (BK) RS DS DS RS (Turn 1/2R on &5, &6)  
L R R L L R LR L R LR  
&1 &2 & 3 & 4 &5 &6 &7 &8

### **WINDSTER**

DS BR (XIF) H BR (X) H RS (BR CAN BE DT)  
L R L R L RL  
&1 & 2 & 3 &4

### **ROCKING ROCK**

DS R (XIB) S R (OTS) S R (XIB) S  
L R L R L R L  
&1 & 2 & 3 & 4

### **STOMP DOUBLE**

(P) STO DS DS RS (CAN BE DR INSTEAD OF (P) AT START)  
L R L RL  
& 1 &2 &3 &4

### **STEP**

(P) S  
L  
& 1