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**Remember to Vote** for your favourite dances in the Linedancer Charts.

**SEC 1 RUMBA SHUFFLE, RUMBA SHUFFLE**

- 1-2 Step right to right side, Step left beside right
- 3&4 Step forward on right, Step left beside right, Step forward on right
- 5-6 Step left to left side, Step right beside left
- 7&8 Step forward on left, Step right beside left, Step forward on left

**SEC 2 CROSS, BACK, SIDE, CROSS, BACK, SIDE, RIGHT, BACK**

- 1-2-3 Cross right over left, step back on left, Step right to right side
- 4-5-6 Cross left over right, step back on right, Step left to left side
- 7-8 Cross right over left, Step back on left

**SEC 3 CHASSE, BACK ROCK, CHASSE, ¼ TURN CHASSE**

- 1&2 Step right to right side, Step left beside Right, Step right to right side
- 3-4 Rock back on left, recover on right
- 5&6 Step left to left side, step right beside left, Step left to left side
- 7&8 ¼ turn right stepping right to right side, Step left beside right, Step right to right side (3:00)

**SEC 4 ROCKING CHAIR, STEP, ½ TURN, STEP, TOUCH**

- 1-2 Rock forward on left, Recover on right
- 3-4 Rock back on left, Recover on right
- 5-6 Step forward on left, Make a ½ turn right stepping forward on right (9:00)
- 7-8 Step forward on left, Touch right toe beside left

**SEC 5 SHUFFLE BACK, ½ TURN SHUFFLE, ROCKING CHAIR**

- 1&2 Step right back, Step left next to right, Step right back
- 3&4 Make a ½ turn left Stepping forward on left, Step forward on right, Step left forward (3:00)
- 5-6 Rock forward on right, Recover on left
- 7-8 Rock back on right, Recover on left

**SEC 6 STEP, ¼ TURN, CROSS SHUFFLE, SIDE ROCK, WEAVE**

- 1-2 Step forward on right, make a ¼ turn left recover on left (12:00)
- 3&4 Cross right over left, step left to left side, Cross right over left
- 5-6 Rock left to left side, recover on right
- 7&8 Step left behind right, step right to right side, Cross left over right

## It's Unhealthy

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### **SEC 7 SIDE, HOLD, AND SIDE, TOUCH, ROLLING VINE, TOUCH**

- 1-2& Step right to right side, Hold, Step left beside right
- 3-4 Step right to right side, Touch left toe beside right
- 5-6 Make a  $\frac{1}{4}$  turn left stepping forward on left, Make a  $\frac{1}{2}$  turn left stepping back on right (3:00)
- 7-8 Make a  $\frac{1}{4}$  turn left stepping to left side, Touch right toe beside left (12:00)

### **SEC 8 PADDLE $\frac{1}{4}$ X2, JAZZBOX, CROSS**

- 1-2 Step forward on right, make a  $\frac{1}{4}$  turn left (weight on left) (9:00)
- 3-4 Step forward on right, make a  $\frac{1}{4}$  turn left (weight on left) (6:00)
- 5-6 Step right over left, Step back on left
- 7-6 Step right to right side, Cross left over right (weight on left)

**Ending** After 32 counts of wall 5

- 1-2 Touch on right,  $\frac{1}{4}$  turn to right stepping down on right

