

Better Shape Up

Count: 48

Wand: 2

Ebene: Phrased Easy Intermediate

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Musik: You're The One That I Want – Grease



Intro : 16 count - Sequence : A, A, Tag, B, A- (dance 1st x 8 count), A, A, Tag, B, B, B

Part A : 32 counts

Sec A1 : Diagonal lock step forward R, L, Mambo front R, Mambo back L

- 1 & 2 Step R diagonal forward, step L behind R, step R forward
- 3 & 4 Step L diagonal forward, step R behind L, step L forward
- 5 & 6 Rock R forward, recover on L, step R back
- 7 & 8 Rock back L, recover on R, step L forward

Sec A2 : Charleston 1/4 L x 2

- 1 – 4 Swing R to front & back step R back, swing L to behind with 1/4 turn L & front step L forward (9)
- 5 – 8 Swing R to front & back step R back, swing L to behind with 1/4 turn L & front step L forward (6)

Sec A3 : R chasse, Rock back, Swivel L, Swivel R

- 1 & 2 Step R to R, close L next to R, step R to R
- 3 – 4 Rock L behind R, recover on R
- 5 & 6 Step L to L as to swivel both heel to L, R, L,
- 7 & 8 Swivel both heels R, L, R (weight on L)

[option: flick your R to R side]

Sec A4 : □ R Jazz box x 2

- 1 – 4 Cross R over L, step back on L, step R to R, cross L over R
- 5 – 8 Cross R over L, step back on L, step R to R, cross L over R (push hip backward)

TAG : Out Out In In

- 1 – 4 Step R out , step L out, step R in, step L in

Part B: 16 counts

B1: Hand Jive x 3 times

- 1&2& Slap both hand on thighs twice, clap hands twice
 - 3&4& Crisscross R hand over L hand twice, crisscross L hand over R hand twice
 - 5&6& Hammer R fist twice on top of L fist, hammer L fist twice on top of R fist
 - 7&8& Point R thumb over R shoulder, point L thumb over L shoulder
- (make a 1/4 jump turning L on the 2nd & 3rd time you start the hand jive on count 1)

B2: R Side together Side, L Side together Side (Body facing diagonal)

- 1&2 Step R to R, close L to R, step R to R
(move 2 R fingers down & 2 L fingers up sideways simultaneously as you move)
- 3&4 Step L to L, close R to L, step L to L
(move 2 L fingers down & 2 R fingers up sideways simultaneously as you move)
- 5&6 Step R to R, close L to R, step R to R
(hold L hand on waist & circle R hand upward)
- 7&8 Step L to L, close R to L, step L to L
(hold L hand on waist & circle R hand upward)

Ending facing front.

