

# Shape I'm In

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Michelle Risley (UK) - May 2014

**Music:** The Shape I'm In - Alan Gregory : (iTunes)



## **Right Out, Touch, Heel Hook, Lock Step, Repeat On Left**

- 1& Touch R Out To R Side, Touch R Toe Next To Left,
- 2& R Heel Forward, Hook R In Front Of L
- 3&4 R Lock Forward
- 5& Touch L Out To L Side, Touch L Next To R,
- 6& L Heel Forward, Hook L In Front Of R
- 7&8 Left Lock Forward

## **Step 1/4 Cross, 1/2 Turn Cross, 1/2 Reverse Box, Hip Bumps**

- 1&2 Step Forward Right, 1/4 Turn Left, Step Right Over Left (9oc)
- 3&4 Turn 1/4 R, Step Back L, 1/4 R, Step R To Side, Cross L Over R (3oc)
- 5&6 R Side, L Step Next To R, Step Back R
- 7&8& Step Back On Left Bumping Hip, L, R, L, R (Weight on R)

**(Optional - 7&8& Left Hand On Hip, Right Hand Behind Head – “Shape I’m In”)**

## **Side Rock Cross, Side Rock Cross, Side Strut, Cross Strut**

- 1&2 Side Rock Left, Recover, Step Left Over Right
- 3&4 Side Rock Right, Recover, Step Right Over Left
- 5& Toe Strut Left Side (Travelling Left)
- 6& Cross Toe Strut, (Right Over Left)
- 7&8 Side Rock Left, 1/4 Turn R, Step Forward L (6oc)

## **R Lock Forward, 3/4 Pivot, Jump Back, Clap, Knee Pops**

- 1&2 R Lock Forward (6oc)
- 3&4 Step Forward L, Pivot 1/2 R, Turn 1/4 L Stepping L To Side (3oc)
- &5-6 Small 'Ba-Dum' Back R, L, Clap (Transfer Weight R)
- 7&8& Knee Pops, L, R, L, R

**Start The Dance Again!!**

**Music Finishes When You Are Facing 9:00 Wall, Simply Turn 1/4 R With You Final Knee Pop To Finish At The Front Wall.**

**Contact - ([www.peace-train.co.uk](http://www.peace-train.co.uk))**