

Shape It Up

Compte: 32

Mur: 2

Niveau: High Improver

Chorégraphe: Daniel Trepât (NL), José Miguel Belloque Vane (NL) & Roy Verdonk (NL) - June 2021

Musique: You're the One That I Want (with Caroline Kole) - Dylan Rockoff



Intro: 32 counts from first beat in music (app. 23 seconds into track)

Tag: After the 1st and 4th wall a 4 count tag (see below for more details)

[1 - 8] Mambo R Fwd, Swivel Back L R, Coaster Step, Ball Step, Scuff

1&2 Rock R fwd (1), Recover on L (&), Step R back (2) 12:00
3 - 4 Step L diagonal back (3), Step R diagonal back (4) 12:00
5&6 Step L back (5), Step R next to L (&), Step L forward (6) 12:00
&7 - 8 Step R forward on ball of foot (&), Step L forward (7), Scuff R forward (8) 12:00

[9 - 16] Cross Out-Out, Cross, ¼ turn L, Out, Jazzbox

1&2 Cross R over L (1), Step L out to L side (&), Step R out to R side (2) 12:00
3&4 Cross L over R (3), ¼ turn L stepping R back (&), Step L out to L side (4) 9:00
6 - 8 Cross R over L (5), Step L back (6), Step R to R side (7), Step L forward (8) 9:00

[17 - 24] Step Pivot ½ turn L, ¼ turn L, Touch, Sailor ¼ turn R, Cross Rock, Ball Cross, Step L

1&2 Step R forward (1), ½ turn L changing weight to L (&), ¼ turn L touching R to R side (2) 12:00
3&4 Cross R behind L (3), ¼ turn R stepping on L (&), Step R forward (4) 3:00
5 - 6 Cross rock L over R (5), Recover on R (6) 3:00
&7 - 8 Step on ball of L next to R (&), Cross R over L (7), Step L to L side (8) 3:00

[25 - 32] Weave L, Rockstep L, Behind, ¼ turn R, Forward, Walk R L

1&2 Cross R behind L (1), Step L to L side (&), Cross R over L (2) 3:00
3 - 4 Rockstep L (3), Recover on R (4) 3:00
5&6 Cross L behind R (5), ¼ turn R stepping R forward (&), Step L forward (6) 6:00
7 - 8 Walk R forward (7), Walk L forward (8) 6:00

Tag: After wall 1 and 4 will be this following 4 count

[1 - 4] Step fwd, Kick, Coaster Step

1 - 2 Step R forward (1), Kick L forward (2)
3&4 Step L back (3), Step R next to L (&), Step L forward (4)

Happy Dancing!

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