

Shaping Up

拍數: 64 牆數: 4 級數: Improver
編舞者: Robbie McGowan Hickie (UK)
音樂: The Shape I'm In - The Deans



VINE QUARTER TURN RIGHT, SCUFF, STEP, PIVOT QUARTER TURN RIGHT, CROSS, HOLD & CLAP

- 1-2 Step right to right side, cross left behind right
- 3-4 Turn ¼ turn right stepping forward on right, scuff left slightly forward
- 5-8 Step forward on left, pivot ¼ turn right, cross left over right, hold and clap (facing 6:00)

VINE QUARTER TURN RIGHT, SCUFF, STEP, PIVOT QUARTER TURN RIGHT, CROSS, HOLD & CLAP

- 1-2 Step right to right side, cross left behind right
- 3-4 Turn ¼ turn right stepping forward on right, scuff left slightly forward
- 5-8 Step forward on left, pivot ¼ turn right, cross left over right, hold and clap (facing 12:00)

SIDE, TOGETHER, BACK, KICK, LEFT COASTER STEP, HOLD

- 1-4 Step right to right side, close left beside right, step back on right, low kick left forward
- 5-8 Step back on left, step right beside left, step forward on left, hold

STEP FORWARD, TAP, STEP BACK, KICK, SLOW RIGHT SHUFFLE HALF TURN RIGHT, HOLD

- 1-4 Step forward on right, tap left toe behind right heel, step back on left, low kick right forward
- 5-8 Right shuffle back turning ½ turn right stepping right, left, right, hold, (facing 6:00)

STEP FORWARD, TAP, STEP BACK, HOLD, LEFT TOE STRUT QUARTER TURN LEFT, RIGHT CROSSING TOE STRUT

- 1-4 Step forward on left, tap right toe behind left heel, step back on right, hold
- 5-6 Turn ¼ turn left stepping left toe to left side, drop left heel to floor
- 7-8 Cross step right toe over left, drop right heel to floor, (facing 3:00)

SIDE LEFT, SLIDE, BACK ROCK, SIDE RIGHT, SLIDE, BACK ROCK

- 1-2 Long step left to left side, slide right towards left, (weight on left)
- 3-4 Rock back on right, rock forward on left
- 5-6 Long step right to right side, slide left towards right, (weight on right)
- 7-8 Rock back on left, rock forward on right

LEFT LOCK STEP FORWARD, HOLD, RIGHT FORWARD MAMBO, HOLD

- 1-4 Step forward on left, lock right behind left, step forward on left, hold
- 5-8 Rock forward on right, rock back on left, step back on right, hold

EXTENDED LOCK STEP BACK, BACK, SIDE, CROSS, HOLD

- 1-4 Step back on left, lock right across left, step back on left, lock right across left
- 5-8 Step back on left, step right to right side, cross step left over right, hold, (facing 3:00)

REPEAT

ENDING

The music ends at the end of wall 7 (facing 9:00). Dance up to count 60 (Extended Lock Steps Back) then replace the last 4 counts as follows:

SIDE ROCK, RECOVER ¼ TURN RIGHT, STEP FORWARD, HOLD, (TO END FACING 12:00 WALL)

- 1-4 Rock left to left side, recover on right turning ¼ turn right, step forward on left, hold