



Approved by:

*Diana Dawson*

# In Good Shape

## 4 WALL - 64 COUNTS - IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 - 4 5 - 6 7 - 8	<b>Chasse, Hold, Back Rock, Side, Hold</b> Step right to right side. Close left beside right. Step right to right side. Hold. Rock back on left slightly behind right. Rock forward onto right. Step left to left side. Hold.	Side Close Side Hold Back Rock Side Hold	Right On the spot Left
<b>Section 2</b> 1 - 2 3 - 4 5 - 6 7 - 8	<b>Weave, Back Rock, Step, Hold</b> Cross right behind left. Step left to left side. Cross step right over left. Step left to left side. Rock back on right. Rock forward onto left. Step right forward. Hold.	Behind Side Cross Side Back Rock Step Hold	Left On the spot
<b>Section 3</b> 1 - 4 5 - 6 7 - 8 <b>Option</b>	<b>Step, Pivot 1/2, Step, Hold, Full Turn Travelling Forward, Hold</b> Step left forward. Pivot 1/2 turn right. Step left forward. Hold. (6:00) Make 1/2 turn left stepping right back. Make 1/2 turn left stepping left forward. Step right forward. Hold. (6:00) Counts 5 - 8: Do right shuffle forward, hold.	Step Pivot Step Hold Full Turn Step Hold	Turning right Turning left Forward
<b>Section 4</b> 1 - 4 5 - 8	<b>Left Hip Bumps, Right Hip Bumps</b> Step left diagonally forward left, bumping hips - left, right, left. Hold. Step right diagonally forward right, bumping hips - right, left, right. Hold.	Hip Bumps Hold Hip Bumps Hold	Forward
<b>Section 5</b> 1 - 2 3 - 4 5 - 8	<b>Charleston, Coaster Step, Hold</b> Swing left toes forward to touch in front of right. Hold. Swing left backwards stepping left back. Hold. Step right back. Step left beside right. Step right forward. Hold.	Touch Hold Back Hold Coaster Step Hold	On the spot
<b>Section 6</b> 1 - 4 5 - 8	<b>Forward Lock Step, Step, Pivot 1/4, Cross</b> Step left forward. Lock right behind left. Step left forward. Hold. Step right forward. Pivot 1/4 turn left. Cross right over left. Hold. (9:00)	Left Lock Left Hold Step Turn Cross Hold	Forward Turning left
<b>Section 7</b> 1 - 2 3 - 4 5 - 6 7 - 8	<b>Point, Together, Monterey 1/2, Point, Together, Point, Hold</b> Point left toes to left side. Step left beside right. Point right to right side. Turn 1/2 right on ball of left, stepping right beside left. Point left to left side. Step left beside right. Point right to right side. Hold.	Point Together Point Turn Point Together Point Hold	On the spot Turning right On the spot
<b>Section 8</b> 1 - 2 3 - 4 5 - 6 7 - 8	<b>Cross Rock, Side, Cross Rock, Side, Touch, Hold</b> Cross rock right over left. Rock back onto left. Step right to right side. Cross rock left over right. Rock back onto right. Step left to left side. Touch right beside left. Hold.	Cross Rock Side Cross Rock Side Touch Hold	On the spot

**Choreographed by:** Diana Dawson (UK) July 2009

**Choreographed to:** 'The Shape I'm In' by The Deans (176 bpm) from CD Multiplication, available from [www.johndeanlive.com](http://www.johndeanlive.com) (32 count intro - start on vocals)

**Music Suggestion:** 'The Shape I'm In' by Just John from CD Working On Dreams; also available as download from [amazon.co.uk](http://amazon.co.uk) or iTunes



A video clip of this dance is available at [www.linedancermagazine.com](http://www.linedancermagazine.com)