

## Shaping Up

64 Count, 4 Wall, Intermediate

Choreographer: Robbie McGowan Hickie (UK) Apr 2005

Choreographed to: The Shape I'm In by The Deans

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- Section 1**      **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)
- Section 2**      **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)
- Section 3**      **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
- Section 4**      **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)
- Section 5**      **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)
- Section 6**      **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
- Section 7**      **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
- Section 8**      **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:**
- 1-4              **Side Rock, Recover ¼ Turn Right, Step Forward, Hold, (TO End Facing 12:00 Wall)**  
                    **Rock left to left side, recover on right turning ¼ turn right, step forward on left, hold**
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