

Better Shape Up

48 Count, 2 Wall, Intermediate

Choreographer: Jaszmine Tan (MY) Apr 2017
Choreographed to: You're The One That I Want
(from Grease the film)

Intro: 16 count - Sequence : A, A, Tag, B, A- (dance 1st x 8 count), A, A, Tag, B, B, B

Part A: 32 counts

Section A1: Diagonal Lock Step Forward R, L, Mambo Front R, Mambo Back L

1 & 2 Step R diagonal forward, step L behind R, step R forward

3 & 4 Step L diagonal forward, step R behind L, step L forward

5 & 6 Rock R forward, recover on L, step R back

7 & 8 Rock back L, recover on R, step L forward

Section A2: Charleston 1/4 L x 2

1 – 4 Swing R to front & back step R back, swing L to behind with 1/4 turn L & front step L forward (9)

5 – 8 Swing R to front & back step R back, swing L to behind with 1/4 turn L & front step L forward (6)

Section A3: R Chasse, Rock Back, Swivel L, Swivel R

1 & 2 Step R to R, close L next to R, step R to R

3 – 4 Rock L behind R, recover on R

5 & 6 Step L to L as to swivel both heel to L, R, L,

7 & 8 Swivel both heels R, L, R (weight on L)

Option: flick your R to R side

Section A4: R Jazz Box x 2

1 – 4 Cross R over L, step back on L, step R to R, cross L over R

5 – 8 Cross R over L, step back on L, step R to R, cross L over R (push hip backward)

Tag: Out Out In In

1 – 4 Step R out , step L out, step R in, step L in

Part B: 16 counts

Section B1: Hand Jive x 3 times

1&2& Slap both hand on thighs twice, clap hands twice

3&4& Crisscross R hand over L hand twice, crisscross L hand over R hand twice

5&6& Hammer R fist twice on top of L fist, hammer L fist twice on top of R fist

7&8& Point R thumb over R shoulder, point L thumb over L shoulder

(Make a 1/4 jump turning L on the 2nd & 3rd time you start the hand jive on count 1)

Section B2: R Side together Side, L Side together Side (Body facing diagonal)

1&2 Step R to R, close L to R, step R to R

(move 2 R fingers down & 2 L fingers up sideways simultaneously as you move)

3&4 Step L to L, close R to L, step L to L

(move 2 L fingers down & 2 R fingers up sideways simultaneously as you move)

5&6 Step R to R, close L to R, step R to R

(hold L hand on waist & circle R hand upward)

7&8 Step L to L, close R to L, step L to L

(hold L hand on waist & circle R hand upward)

Ending facing front.