

Shape It Up

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 2 Wall High Improver Level Dance.

Choreographed by: Daniel Trepat (NL), Jose Miguel Belloque Vane (NL)

& Roy Verdonk (NL) Jun 2021

Choreographed to: You're The One That I Want

by Dylan Rockoff & Caroline Kole Intro: 32 Counts. Start at approx 23 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC I	MAMIDU R FWD, SWIVEL BACK L R, COASTER STEP, BALL STEP, SCUFF
1&2	Rock R fwd, Recover on L, Step R back
3-4	Step L diagonal back, Step R diagonal back
5&6	Step L back, Step R next to L, Step L forward
&7-8	Step R forward on ball of foot, Step L forward, Scuff R forward
SEC 2	CROSS OUT-OUT, CROSS, ¼ TURN L, OUT, JAZZBOX
1&2	Cross R over L, Step L out to L side, Step R out to R side
3&4	Cross L over R, ¼ turn L stepping R back, Step L out to L side (9:00)
5-6	Cross R over L, Step L back
7-8	Step R to R side, Step L forward
SEC 3	STEP PIVOT ½ TURN L, ¼ TURN L, TOUCH, SAILOR ¼ TURN R, CROSS ROCK, BALL CROSS, STEP L
1&2	Step R forward, ½ turn L changing weight to L, ¼ turn L touching R to R side (12:00)
3&4	Cross R behind L, 1/4 turn R stepping on L, Step R forward (3:00)
5-6	Cross rock L over R, Recover on R
&7-8	Step on ball of L next to R, Cross R over L, Step L to L side
SEC 4	WEAVE L, ROCKSTEP L, BEHIND, ¼ TURN R, FORWARD, WALK R L
1&2	Cross R behind L, Step L to L side, Cross R over L
3-4	Rockstep L, Recover on R
5&6	Cross L behind R, ¼ turn R stepping R forward, Step L forward (6:00)
7-8	Walk R forward, Walk L forward
Tag	After wall 1 and 4 will be this following 4 count
	STEP FWD, KICK, COASTER STEP
1-2	Step R forward, Kick L forward
3&4	Step L back, Step R next to L, Step L forward

