

Shaping Up

64 count, 4 wall, beginner/intermediate level
Choreographer: Robbie McGowan Hickie (UK)
April 2005

Choreographed to: The Shape I'm In by The Deans -
CD Multiplication (175 bpm)

32 count intro

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 1/4 turn Right stepping forward on Right. Scuff Left slightly forward.
5 - 8 Step forward on Left. Pivot 1/4 turn Right. Cross Left over Right. Hold and Clap.
(Facing 6 o'clock)

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 1/4 turn Right stepping forward on Right. Scuff Left slightly forward.
5 - 8 Step forward on Left. Pivot 1/4 turn Right. Cross Left over Right. Hold and Clap.
(Facing 12 o'clock)

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 1/2 turn Right stepping Right. Left. Right. Hold. (Facing 6 o'clock)

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 1/4 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 o'clock)

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 o'clock)

Start Again

Note: The music ends at the end of Wall 7 (Facing 9 o'clock) - dance up to Count 60
(Extended Lock Steps Back) then replace the last 4 Counts as follows:

Ending: Side Rock. Recover 1/4 Turn Right. Step Forward. Hold. (To End Facing 12 o'clock Wall)

- 1 - 4 Rock Left to Left side. Recover on Right turning 1/4 turn Right. Step forward on Left. Hold.
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