

Shape of U

Count: 32

Wand: 2

Ebene: Easy Intermediate

Choreograf/in: Suzi Beau (ENG) - January 2017

Musik: Shape of You - Ed Sheeran



Intro: 16 Counts - No Tags or Restarts

SECTION 1: ROCK RECOVER & STEP TWIST HEELS, COASTER STEP, STEP PIVOT CROSS SIDE

- 1,2& Rock fwd on R(1), Recover L(2) Step R next to L(&).
3&4 Step fwd of L(3), Twist heels L(&) Twist heels back to center (4)
5&6 Step L back(5), Step R next to L (&) Step fwd L
7&8 & Step fwd R (7), Pivot 1/4 L(&) Cross R over L (8) Step L to L side (9:00)

SECTION 2: CROSS SAMBA, CROSS SAMBA, FORWARD R MAMBO, FWD L ROCK STEP BACK LOCK

- 1&2 Cross R over L (1) Rock L to L side pushing hip up (&) Recover R (2)
3&4 Cross L over R (3) Rock R to R side pushing hip (&) Recover L (4)
5&6 Rock fwd on R (5) recover on L(&) Step R next to L pushing bottom out (6)
7&8& Rock forward on L (7) Recover on R(&) Step back on L (8) Lock R in front of L (&)

SECTION 3: BACK HITCH BUMP BACK FORWARD BACK, BACK ROCK, STEP HITCH 1/4 CROSS POINT FLICK

- 1, 2 Step back on L (1) Hitch R (2)
3&4 Step back on R Pushing hips back (3) Recover weight on L pushing hips fwd(&) recover weight R pushing hips fwd (4)
5,6 Rock back on L (5) Recover on R Hitching L across R turning 1/4 R (12:00)
7,8 & Cross L over R (7) Point R to R side(8) Flick R behind L(&)

SECTION 4: SIDE ROCK 1/2 TURN R SIDE ROCK, POINT FORWARD POINT SIDE, BALL POINT HITCH STEP TOGETHER

- 1,2& Rock R to R side(1),Recover on L (2)
&3,4 Turn 1/2 Right stepping R in place(&) Rock L out to L side (3) Recover R(4)
5,6 Point L fwd(5) Point L to L side(6)
&7&8& Step on ball of L(&) Point R to R side(7) Hitch R (&) Step fwd R(8) Step L to R (&)

Last Update – 24th Jan 2017