

Shape It Up

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Noah Sierra (USA) - July 2021

Musik: Whip It - Devo



Intro counts: 48 counts

R HEEL, HITCH, KICK X2, CROSS, BRUSH, CROSS, BRUSH.

- 1-2 Touch R heel forward, hitch RF over LF.
- 3-4 Kick RF forward, kick RF backwards.
- 5-6 Cross RF over LF, brush LF forward.
- 7-8 Cross LF over RF, brush RF forward.

¼ PIVOT BOX STEP, TOUCH R, STEP R, TOUCH L, STEP L.

- 1-2 Cross RF over LF while turning 1/8 of a ¼ pivot, step LF backwards while turning 1/8 of a ¼ pivot.
- 3-4 Step RF to R side while turning 1/8 of a ¼ pivot, step LF on RF while turning 1/8 of a ¼ pivot.
- 5-6 Touch RF to R side, step RF on LF.
- 7-8 Touch LF to L side, step LF on RF.

WALK, HOLD, WALK, HOLD, ½ PIVOT, WALK X2.

- 1-2 Walk RF forward, hold.
- 3-4 Walk LF forward, hold.
- 5-6 Step RF forward, pivot ½ over L shoulder.
- 7-8 Step RF forward, step LF forward.

CROSS, TOUCH, CROSS, TOUCH, STEP R, TOUCH L, STEP L, KICK R.

- 1-2 Cross RF over LF, touch LF to L side.
- 3-4 Cross LF over RF, touch RF to R side.
- 5-6 Step RF forward, touch LF on RF.
- 7-8 Step LF backward, kick RF forward.

Please do not alter this step sheet in any way. If you would like to use on your website, please make sure it is in its original format and include all contact details on this script.

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