

# Better Shape Up (P)

**COPPER** **KNOB**  
BY STEPHENETS

Count: 32

Wand: 0

Ebene: Partner

Choreograf/in: Tom O'Wesney (USA) & Janine O'Wesney (USA)

Musik: You're the One That I Want - John Travolta & Olivia Newton-John



**Position: Begin facing line of dance, man on inside of circle, lady on outside. Man's right hand holding lady's left. Weight (both Man & Lady) on outside feet**

**This dance is done in synchronization with the line dance "Better Shape Up" by Bud & Sharon Wenger**

## STEP, TOUCH, STEP, TOUCH, STEP, BEHIND, TRIPLE STEPS

### MAN

- 1-4 Right step forward, touch left next to right, left step forward, touch right next to left
- 5-6 Right step forward, left behind right
- 7&8 Triple step in place (right, left, right)

### LADY

- 1-4 Left step forward, touch right next to left, right step forward, touch left next to right
- 5-6 Left step forward, right behind left
- 7&8 Triple step in place (left, right, left)

## STEP, TOUCH, STEP, TOUCH, STEP, BEHIND, TRIPLE STEPS

### MAN

- 9-12 Left step forward, touch right next to left, right step forward, touch left next to right
- 13-14 Left step forward, right behind left
- 15&16 Triple step in place (left, right, left)

### LADY

- 9-12 Right step forward, touch left next to right, left step forward, touch right next to left
- 13-14 Right step forward, left behind right
- 15&16 Triple step in place (right, left, right)

## STEP, TUCK, STEP, BRUSH, STEP, STEP, TURNING TRIPLE STEP

### MAN

- 17-20 Right step forward, tuck left behind right, right step forward, brush left forward
- 21-22 Left step forward, right step forward
- 23&24 Triple step (left, right, left) making a ¼ turn right facing outside and picking up lady's right hand

### LADY

- 17-20 Left step forward, tuck right behind left, left step forward, brush right forward
- 21-22 Right step forward, left step forward
- 23&24 Triple step (right, left, right) making a ¼ turn left facing inside and picking up man's left hand.

## VINE, TURNING TRIPLE STEP, STOMP, STEP, STOMP, HITCH

### MAN

- 25-26 Right over left, left next to right
- 27&28 Triple step (right, left, right) making a ¼ turn left facing LOD while dropping lady's right hand
- 29-32 Stomp left beside right, step right, stomp left beside right, hitch right knee

### LADY

- 25-26 Left over right, right next to left
- 27&28 Triple step (left, right, left) making a ¾ underarm turn left facing LOD while dropping man's left hand
- 29-32 Stomp right beside left, step left, stomp right beside left, hitch left knee

## REPEAT

