

All Shapes & Sizes

拍数: 112 墙数: 4 级数: Phrased Advanced
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音乐: Shape of You - Ed Sheeran : (iTunes)



Phrasing: □A, B, B, C, A, B, B, C, B, B, C*, B, Ending
*On 3rd C you only dance the first 32 counts and then go straight into B

Intro: □16 counts (app. 9 seconds into track)

A SECTION (Always starts facing 12:00)

A[1-8] □Samba basic R, L, Volta turn $\frac{3}{4}$ R sweep, Cross $\frac{1}{4}$ L, □

- 1-2& Step R to R side, rock L back, recover onto R (basic samba step) □12:00
3-4& Repeat with L □12:00
5&6&7 Turn $\frac{1}{4}$ R crossing R slightly over L, ball L next to R, turn $\frac{1}{4}$ R crossing R slightly over L, ball L next to R, turn $\frac{1}{4}$ R crossing R slightly over L sweeping L CW □09:00
8& Cross L over R, turn $\frac{1}{4}$ L stepping R back □06:00

A[9-16] □ $\frac{1}{4}$ L, Together x2, Vine $\frac{1}{4}$ R, Rocking chair, Slow soft hitch, Step □

- 1-2& Turn $\frac{1}{4}$ L stepping L to L side, step R next to L, step L in place □03:00
3-4& Step R to R side, cross L behind R, turn $\frac{1}{4}$ R stepping R fw □06:00
5&6& Rock L fw, recover onto R, rock L back, recover onto R □06:00
7-8 Soft hitch L, step L fw (note: imagine you're taking the step in slow motion) □06:00

A[17-24] □Heel swivel $\frac{1}{4}$ R x2, Sweep, Sailor $\frac{1}{2}$ R, Step heel swivel x2, Back rock, Vine $\frac{1}{4}$ R □

- &1 Swivel R heel $\frac{1}{4}$ R, swivel L heel $\frac{1}{4}$ R sweeping R CW □12:00
2&3 Turn $\frac{1}{4}$ R crossing R behind L, turn $\frac{1}{4}$ R stepping L in place, cross R slightly over L □06:00
&4&5& Step L to L side, swivel R heel in, swivel R heel back in place, repeat swivel w/L (weight ends on L) □06:00
6& Rock R back, recover onto L □06:00
7-8& Step R to R side, cross L behind R, turn $\frac{1}{4}$ R stepping R fw □09:00

A[25-32] □Rock hitch x2, Toe heel flick, Cross slide, Behind $\frac{1}{4}$ R □

- 1&2& Rock L fw, recover onto R, hitch L, step L next to R
Note: on the first (and only first) A you do the following arm movements on counts 1&2
:1: Both hands in front of you at waist level, R on top of L, palms up
&2 Keeping hands together flip inwards ending with hands at mouth level palms out on count 2 □- 09:00
3&4& Repeat w/R foot
No arms □09:00
5&6& Touch L toe next to R (knee turned in) tap L heel diagonally L, flick L turning body slightly R, cross L over R □09:00
7-8& Slide R to R side, cross L behind R, turn $\frac{1}{4}$ R stepping R fw □12:00

B SECTION

Counts □Footwork □End facing

B[1-8] □Slow batucada x2, Batucadas, Kick out out, □

- 1-2& Press L fw rolling hip CCW (1), transferring weight onto R (2), step L next to R (&) □12:00
3-4& Repeat w/ R rolling hips CW □12:00
5&6& Repeat counts 1-4 double tempo – travelling slightly back □12:00
7&8 Kick L, step out L, step out R □12:00

B[9-16] □Hip sways, Back rock, $\frac{1}{4}$ R side cross side, Back rock step, Step $\frac{1}{2}$ R x2 □

- &1 Sway hips L, sway hips R □ 12:00
- 2& Rock L back, recover onto R □ 12:00
- 3&4 Turn ¼ R stepping L to L side, cross R over L, step L to L side □ 03:00
- 5&6 Rock R back, recover onto L, step R fw □ 03:00
- 7&8& Step L fw, turn ½ R stepping onto R, repeat □ 03:00

C SECTION (Always starts facing 06:00) □ □

C[1-7] □ Cross side rock, Jazz box ¼ R, Arm movements, Body roll, Back rock w/arms, □

- 1-2& Cross L slightly over R, rock R to R side, recover onto L □ 06:00
- 3&4& Cross R over L (3), turn ¼ R stepping L back (&), step R to R side (4)

Arms:

:4: R arm out in front of you at shoulder level, hand making a half circle – fingers pointing L

:&: L arm out in front of you at shoulder level, hand making half circle (next to R hand for a full circle) 09:00

- 5-6 Body roll from top down ending with weight on R

Arms:

:5: Your hands switch shape from circle to heart bending fingers down and pulling in towards your chest □ 09:00

- &7 Rock L back, recover onto R

Arms:

Keeping arms at shoulder level, push away when rocking back, and pull in when recovering - 09:00

C[8-15] □ L lockstep sweep, Cross side rock, Rock collapse, Slide, Back pop □

- 8&1-2 Step L fw (8), lock R behind L (&), step L fw sweeping R CCW (1-2) □ 09:00
- &3& Cross R over L, rock L to L side, recover onto R □ 09:00
- 4&5-6 Rock L fw collapsing upper body (4), recover onto R straightening body (&), big step back L dragging R towards L (5-6) □ 09:00
- &7 Step R back, touch L fw popping L knee □ 09:00

C[16-24] □ Double body roll, ¼ L cross x2, Out out hip roll, Touch step x2, Touch □

- 8-1-2 Step L back starting a quick body roll from top down (8), do another body roll (1-2) weight ending L □ 09:00
- &3&4 Turn ¼ L stepping R to R side, cross L over R, repeat □ 03:00
- &5-6 Step out R, step out L starting ½ hip roll CCW – weight R □ 03:00
- &7&8& Touch L next to R, step L slightly diagonally fw, touch R next to L, step R slightly diagonally fw, touch L next to R □ 03:00

C[25-32] □ Step, Sailor step behind, Side rock ¼ R, Slide, Ball coaster step, Step □

- 1 Step L diagonally fw □ 03:00
- 2&3 Cross R behind L, step L slightly L, step R to R side □ 03:00
- &4& Cross L behind R, rock R to R side, recover onto L with a ¼ R □ 06:00
- 5-6 Big step back R, dragging L to R □ 06:00
- &7&8& Step L next to R (&), step R back (7), step L next to R (&) step R fw (8), step L next to R (&)

Note: When doing the 3rd C:

You only dance up to here and go into part B.

Instead of stepping L next to R you touch L next to R on the last & □ 06:00

C[33-40] □ Side together x2, Diagonal lockstep flick, Spiral 5/8 L, Ball cross □

- 1-2& Step R to R side, step L next to R, step R in place □ 06:00
- 3&4&5 Step L diagonally fw, lock R behind L, Step L fw, lock R behind L, Step L fw flicking R back □ 04:30
- 6-7 Step R fw (6), turn 5/8 L keeping weight on R (7) □ 09:00
- &8 Step L to L side, cross R over L □ 09:00

C[41-48] □ Volta 7/8 L, ½ L Side rock, Rock sweep sweep, Sailor ¼ L cross □

- 1&2&3 Turn ¼ L crossing L slightly over R, ball R next to L, turn ¼ L crossing L slightly over R, ball R next to L, turn ½ L crossing L slightly over R □ 10:30

- &4 Rock R to R side, recover onto L turning 1/8 L (square up) □ 09:00
- &5-6 Rock R fw, recover onto L sweeping R CW, step R back sweeping L CCW □ 09:00
- 7&8 Turn 1/4 L stepping L behind R, step R to slightly R, cross L over R □ 06:00

**C[49-56] □ Side together x2, Diagonal lockstep flick, Spiral 5/8 L, Ball cross
(Repeat of counts 33-40) □**

- 1-2& Step R to R side, step L next to R, step R in place □ 06:00
- 3&4&5 Step L diagonally fw, lock R behind L, Step L fw, lock R behind L, Step L fw flicking R back □ 04:30
- 6-7 Step R fw (6), turn 5/8 L keeping weight on R (7) □ 09:00
- &8 Step L to L side, cross R over L □ 09:00

**C[57-64] □ Step, Sailor step behind, Side rock 1/4 R, Slide, Ball coaster step, Touch
(Similar to counts 25-32 – only the last touch is different) □**

- 1 Step L diagonally fw □ 03:00
- 2&3 Cross R behind L, step L slightly L, step R to R side □ 03:00
- &4& Cross L behind R, rock R to R side, recover onto L with a 1/4 R □ 06:00
- 5-6 Big step back R, dragging L to R □ 06:00
- &7&8& Step L next to R (&), step R back (7), step L next to R (&) step R fw (8), Touch L next to R (&)

Note: When doing the 1st C:

Instead of touching L next to R you step L next to R on the last & before going into part A □ 06:00

Ending (starts facing 09:00) □ □

[1-8] □ Slow batucada x2, Batucadas, Kick out out, Touch □

- 1-2& Press L fw rolling hip ccw (1), transferring weight onto R (&), step L next to R □ 09:00
- 3-4& Repeat w/ R rolling hips cw □ 09:00
- 5&6& Repeat counts 1-4 double tempo – travelling slightly back □ 09:00
- 7&8& Kick L, step out out L R, touch L next to R □ 09:00

[9-16] □ Step, Sailor step behind, Side rock 1/4 R, Slide, Ball coaster step, Out out □

- 1 Step L diagonally fw □ 09:00
- 2&3 Cross R behind L, step L slightly L, step R to R side □ 09:00
- &4& Cross L behind R, rock R to R side, recover onto L with a 1/4 R □ 12:00
- 5-6 Big step back R, dragging L to R □ 12:00
- &7&8&1 Step L next to R (&), step R back (7), step L next to R (&) step R fw (8), step L out (&), step R out (1)

Arms:

On counts 8&1 you do:

:8: R arm out in front of you at shoulder level, hand making a half circle – fingers pointing L

:&: L arm out in front of you at shoulder level, hand making half circle (next to R hand for a full circle)

:1: Your hands switch shape from circle to heart bending fingers down □ 12:00

Hope you enjoy
