

Shape of Me

COPPERKNOB
BY SHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Mathew Sinyard (UK) - March 2024
音乐: Shape of Me (feat. Keith Urban) - Rita Ora



Intro: 16 Counts (approx. 10 seconds – start on “Momma”)

Tag on wall 2 after 44 counts.

Section 1 Behind, Unwind Full Turn, Side Rock, Recover, Cross, Side Behind, Ball Touch Heel Lift.

1 2 Touch right behind left, unwind a full turn right (weight ending on right).
3 & 4 Rock left to side, recover on to right, cross left in front of right.
5 6 Step right to side, cross left behind right.
& 7 & 8 Step right to side touch left to left diagonal, raise both heels (bending knees), drop both heels.

Section 2 Ball Cross Side, Sailor Step, Cross, ¼ Back, Shuffle ½.

& 1 2 Step left beside right, cross right in front of left, step left to side.
3 & 4 Cross right behind left, step left to side, step right to side.
5 6 Cross left in front of right, ¼ turn left stepping back on right.
7 & 8 ¼ turn left stepping left to side, close right beside left, ¼ turn left stepping forward on left.

Section 3 Forward Rock, Recover, Out Out Back, Back Rock, Recover, Step Pivot ¼ Cross.

1 2 Rock forward on to right, recover on to left.
& 3 4 Step out right, step out left, step back on right.
5 6 Rock back on left, recover on to right.
7 & 8 Step forward on left, pivot ¼ turn right, cross left in front of right.

Section 4 Hinge ½ Turn, Cross Shuffle, Side Rock Recover, Sailor ¼ Left.

1 2 ¼ turn left stepping back on right, ¼ turn left stepping left to side.
3 & 4 Cross right in front of left, step left to side, cross right in front of left.
5 6 Rock left to side, recover on to right.
7 & 8 Cross left behind right, ¼ turn left stepping right to side, step left to side.

Section 5 Right Dorothy, Left Dorothy, Forward Rock, Recover, Ball Back ½.

1 2 & Step right forward to right diagonal, lock left behind right, step right forward to right diagonal.
3 4 & Step left forward to left diagonal, lock right behind left, step left forward to left diagonal.
5 6 Rock forward on right, recover on to left.
& 7 8 Step right beside left, step back on left, ½ turn right stepping forward on right.

Section 6 Left Side Rock, recover, Ball Point, Ball Point, Ball Side Rock, Recover, Behind Side.

1 2 Rock left to side, recover on to right.
& 3 & 4 Step left beside right, point right to side, step right beside left, point left to side.
& 5 6 Step left beside right, rock right to side, recover on to left.
7 8 Cross right behind left, step left to side.

Section 7 Right Dorothy, Left Dorothy, R + L Heel Switches, Ball Step Pivot ¼.

1 2 & Step right forward to right diagonal, lock left behind right, step right forward to right diagonal.
3 4 & Step left forward to left diagonal, lock right behind left, step left forward to left diagonal.
5 & 6 Tap right heel forward, step right beside left, tap left heel forward.
& 7 8 Step left beside right, step forward on right, pivot ¼ turn left.

Section 8 Cross Shuffle, Hinge ½ Turn, Cross Shuffle, Side Rock, Recover.

1 & 2 Cross right in front of left, step left to side, cross right in front of left.
3 4 ¼ turn right stepping back on left, ¼ turn right stepping right to side.
5 & 6 Cross left in front of right, step right to side, cross left in front of right.
7 8 Rock right to side, recover on to left.

***Tag* Danced after 44 counts on wall 2:**

Ball Side Rock, Recover ¼, Walk Back R L.

& 1 2 3 4 Step left beside right, rock right to side, recover ¼ turn right, walk back right and left.

***Ending* On wall 5 dance up to count 32, then cross right in front of left and unwind ¾ turn left to finish at 12:00**

Contact: - Mat@inlinewedance.co.uk Website: - inlinewedance.co.uk
