

# Shape It Up

拍數: 32      牆數: 2      級數: High Improver  
編舞者: Daniel Trepát (NL), José Miguel Belloque Vane (NL) & Roy Verdonk (NL) - June 2021  
音樂: You're the One That I Want (with Caroline Kole) - Dylan Rockoff



**Intro: 32 counts from first beat in music (app. 23 seconds into track)**  
**Tag: After the 1st and 4th wall a 4 count tag (see below for more details)**

**[1 - 8] Mambo R Fwd, Swivel Back L R, Coaster Step, Ball Step, Scuff**

1&2      Rock R fwd (1), Recover on L (&), Step R back (2) 12:00  
3 - 4      Step L diagonal back (3), Step R diagonal back (4) 12:00  
5&6      Step L back (5), Step R next to L (&), Step L forward (6) 12:00  
&7 - 8      Step R forward on ball of foot (&), Step L forward (7), Scuff R forward (8) 12:00

**[9 - 16] Cross Out-Out, Cross, ¼ turn L, Out, Jazzbox**

1&2      Cross R over L (1), Step L out to L side (&), Step R out to R side (2) 12:00  
3&4      Cross L over R (3), ¼ turn L stepping R back (&), Step L out to L side (4) 9:00  
6 - 8      Cross R over L (5), Step L back (6), Step R to R side (7), Step L forward (8) 9:00

**[17 - 24] Step Pivot ½ turn L, ¼ turn L, Touch, Sailor ¼ turn R, Cross Rock, Ball Cross, Step L**

1&2      Step R forward (1), ½ turn L changing weight to L (&), ¼ turn L touching R to R side (2) 12:00  
3&4      Cross R behind L (3), ¼ turn R stepping on L (&), Step R forward (4) 3:00  
5 - 6      Cross rock L over R (5), Recover on R (6) 3:00  
&7 - 8      Step on ball of L next to R (&), Cross R over L (7), Step L to L side (8) 3:00

**[25 - 32] Weave L, Rockstep L, Behind, ¼ turn R, Forward, Walk R L**

1&2      Cross R behind L (1), Step L to L side (&), Cross R over L (2) 3:00  
3 - 4      Rockstep L (3), Recover on R (4) 3:00  
5&6      Cross L behind R (5), ¼ turn R stepping R forward (&), Step L forward (6) 6:00  
7 - 8      Walk R forward (7), Walk L forward (8) 6:00

**Tag: After wall 1 and 4 will be this following 4 count**

**[1 - 4] Step fwd, Kick, Coaster Step**

1 - 2      Step R forward (1), Kick L forward (2)  
3&4      Step L back (3), Step R next to L (&), Step L forward (4)

**Happy Dancing!**

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