

Shape of You

拍數: 64 牆數: 4 級數: Improver
編舞者: Ali Pollard (UK) - February 2022
音樂: Shape of You - Ed Sheeran



No restarts, no tags.

This dance is based on salsa rhythm where 3 steps are taken during 4 beats of music. This is evident in Section 1 where, during the Mambo step, counts 4 and 8 do not have a step assigned to them, and are described as 'hold'. In other sections of the choreography different rhythms have been used. For instance, Section 2 which uses a step (instead of a hold) on count 4 and a syncopated step on the "&" between steps 6 and 7. This use of differing rhythms hopefully creates a dance that is interesting to both dance and watch.

Start dance after 32 counts. Start with weight on L.

SECTION 1: Mambo Back, Mambo Fwd

1,2,3,4 Mambo Back: step R back (1), recover weight on L (2), R fwd (3), hold with weight on R (4)
5,6,7,8 Mambo Fwd: step L fwd (5), recover weight on R (6), L back (7), hold with weight on L (8)

SECTION 2: Point, Scissor Step, Samba Cross

1 Point R to side
2 Step R next to L
3,4,5,6 Scissor Step: step L to side (3), recover weight on R (4), cross L over R (5), hold with weight on L (6)
&,7,8 Samba Cross: step R to side (&), cross L over R (7), hold with weight on L (8)

SECTION 3: Side Mambo, Suzy Q, Point

1,2,3,4 Side Mambo: step R to side (1), recover weight on L (2), close R to L (3), with weight on R turn ¼ to R (4)
5,6,7 Suzy Q: Cross L over R whilst turning hips and feet to diagonal R (5), recover weight on R (6), Cross L over R whilst turning hips and feet to diagonal R (7)
8 Point R to side

SECTION 4: Slide, Body Styling

1,2,3,4 Slide: cross R behind L (1), large sliding step L to side (2,3), touch R to L (4)
5,6,7,8 Body Styling: keeping weight on L perform body styling of your choice e.g. body roll up from bottom to top or hip rolls or figure of eight hip action or shoulder shimmy. The title of the song is "Shape Of You" so these 4 counts are your opportunity to celebrate your wonderful body and how it can move!

SECTION 5: Turn Monterey ½ R, Full Turn R

1,2,3,4 Turn Monterey ½ R: touch R to side (1), turn ½ R whilst bringing R back to place and stepping onto it (2), touch L to side (3), step L next to R (4)
5,6,7,8 Full Turn R: step R fwd (5), turn 1 full turn to R whilst transferring weight to L (6), step R fwd (7), hold with weight on R (8)

Option: replace full turn R with a Lockstep: step fwd R (5), lock L behind R (6), step fwd R (7), hold with weight on R (8)

Section 6: Turn Pivot ½ R, Lock Step

1,2,3,4 Turn Pivot ½ R: step fwd on L (1,2), pivot turn ½ R stepping on R (3,4)
5,6,7,8 Lock Step: step fwd L (5), lock R behind L (6), step fwd L (7), hold with weight on L (8)

Section 7: Suzy Q, Hitch, Grapevine, Point

- 1,2,3 Suzy Q: Cross R over L whilst turning hips and feet to diagonal L (1), recover weight on L (2),
Cross R over L whilst turning hips and feet to diagonal L (3)
- 4 Hitch left leg whilst turning hips and feet to diagonal R
- 5,6,7 Grapevine: cross L in front of R (5), step R to side (6), cross L behind R (7)
- 8 Point R to side

Section 8: Cross in Front, Point, Together, Batucadas

- 1 Cross R in front of L (1)
- 2 Point L to side (2)
- 3,4 Step L together to R (3,4)
- 5,6,7,8 Batucadas: Press R fwd and roll hip cw (5) (option: touch R foot fwd)
- 6 Step R together to L (6)
- 7 Press L fwd and roll hip ccw (7) (option: touch L foot fwd)
- 8 Step L together to R

Alternative Music: Return Of The Mack by Mark Morrison can be used with the 64 count choreography described above.

Special thanks to Tom Edison Pena (Fellow UKA Dance) for his help and support with this dance.
