

# Shape of Me

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Mathew Sinyard (UK) - March 2024  
音樂: 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**

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