

Shape of Me

拍數: 64 牆數: 2 級數: Low Advanced
編舞者: Hiroko Carlsson (AUS) - May 2024
音樂: Shape of Me - Rita Ora : (Spotify/YouTube Music/Deezer/Apple Music)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(The dance starts on the lyrics "mama")

[S1] Rocking Chair, Side, Sailor Step L-R

1 2 3 4 Rock forward on R, Replace weight on L, Rock back on R, Replace weight on L
5 Ste/stomp R to the side
6&7 Step L behind R, Step R to the side, Step L to the side
&8& Step R behind L, Step L to the side, Step R to the side

[S2] Behind, 1/4R, Step Pivot 1/2R, Side, Sailor Step R-L

1 2 Step L behind R, Make a ¼ turn right stepping forward on R (3:00)
3 4 Step forward on L, Make a ½ turn right recover weight on R (9:00)
5 Step/stomp L to the side
6&7 Step R behind L, Step L to the side, Step R to the side
&8& Step L behind R, Step R to the side, Step L to the side

[S3] Rock Behind, Side into 5/8L Turn w/ Lift L, Shuffle Fwd, 1/2R, 1/2R Shuffle Back- Prep for Turning R

1 2 3 Rock R behind L, Replace/cross weight on L, Step R to the side making a ⅝ turn left lifting L foot (1:30)
4&5 Shuffle forward on L-R-L -prep for right turn
6 Make a ½ turn right recover weight on R (7:30)
7&8 Making a ½ turn right shuffle back on L-R-L (1:30) – keep turning right

[S4] -1/2R, 1/8R Point, Behind-Side-Cross Shuffle, 3/4R (Sit Back), Shuffle Fwd

1 2 - Make a ½ turn right stepping forward on R (7:30), Make a ⅙ turn right pointing L to the side (9:00)
3&4& Step L behind R, Step R to the side, Cross L over R, Step R beside L
5 6 Cross L over R, Make a sharp ¾ turn right weight ends on L (6:00)
7&8 Shuffle forward on R-L-R

-Restart and 16 counts tag here on Wall 2 (12:00)

[S5] Side Rock Turn 1/8R, Syncopated Rocking Chair, Box 3/8L into Cross-Side-

1 2 Rock L to the side, Replace weight on R making a ⅙ turn right (7:30)
3&4& Rock forward on L, Replace weight on R, Rock back on L, Replace weight on R
5 6 Cross L over R, Make a ¼ turn left stepping back on R (4:30)
7 8& Make a ⅙ left stepping L to the side (3:00), Cross R over L, Step L to the side-

[S6] -Behind, 1/4L, Step-Pivot 1/2L-Step-Pivot 3/4L, Side, Behind-1/4R, Step-Pivot 1/2R

1 2 - Step R behind L, Make a ¼ turn left stepping forward on L (12:00)
3& Step forward on R, Make a ½ turn left recover weight on L (6:00)
4& Step forward on R, Make a ¾ turn left recover weight on L (9:00)
5 6& Step R to the side, Step L behind R, Make a ¼ turn right stepping forward on R (12:00)
7 8 Step forward on L, Make a ½ turn right recover weight on R (6:00)

[S7] Fwd Rock-&, Kick-Ball-Heel-Ball, Fwd Rock-&-Kick-Ball-Cross Shuffle-

1 2& Rock forward on L, Replace weight on R, Step L together
3&4& Kick R forward, Ball step R in place, Touch L heel forward, Ball step L next to R

5 6& Rock forward on R, Replace weight on L, Step R together
7& Kick L diagonally forward, Ball step L to the side
8&1 Cross R over L, Step L beside R, Cross R over L-

[S8] -1/4R, Side Shuffle, Cross Rock, 1/4L Shuffle Fwd

2 - Make a ¼ turn right stepping back on L (9:00)
3&4 Side shuffle to the right stepping R-L-R
5 6 Rock/cross L over R, Replace weight on R
7&8 Making a ¼ turn left shuffle forward on L-R-L (6:00)

Restart on Wall 2 + 16 counts Tag – Dance up to count 32, then add the following steps (12:00)

[S1] Side Rock Turn 1/8R, Syncopated Rocking Chair, Box 5/8L into Shuffle Fwd

1 2 Rock L to the side, Replace weight on R making a ⅛ turn right (1:30)
3&4& Rock forward on L, Replace weight on R, Rock back on L, Replace weight on R
5 6 Cross L over R, Make a ¼ turn left stepping back on R (10:30)
7&8 Make a ⅜ left stepping/shuffle forward on L-R-L (6:00)

[S1] Side Rock Turn 1/8L, Syncopated Rocking Chair, Step-Pivot 3/8L-1/2L-1/2L

1 2 Rock R to the side, Replace weight on L making a ⅛ turn left (4:30)
3&4& Rock forward on R, Replace weight on L, Rock back on R, Replace weight on L
5 6 Step forward on R, Make a ⅜ turn left recover weight on L (12:00)
7 8 Make a ½ turn left stepping back on R, Make a ½ turn left stepping forward on L (12:00)

Ending suggestion: The last wall starts facing 12:00. Dance up to count 32 (6:00), Make a quick 1/2R turn stepping back on L (12:00).

(updated: 13/May/24)
