

# Shape I'm In

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Jim Watt (AUS)  
音樂: The Shape I'm In - Johnny Restivo



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## STEP, SHIMMY, STEP, SHIMMY

1-4            Step forward on right, shimmy for 3 counts  
5-8            Step forward on left, shimmy for 3 counts

## HEEL SWITCHES, STEP, ½ LEFT PIVOT, STEP, STEP

1-4            Tap right heel forward to right diagonal, step right next to left, tap left heel forward to left diagonal, step left next to right  
5-6            Step right forward, ½ pivot turn left (weight onto left foot)  
7-8            Step forward right, left

## HEEL TWISTS, HEEL-TOE-HEEL-TOE TWISTS

1-4            Twist both heels to right, twist heels to center, twist both heels to left, twist heels to center  
5-8            Twist heels right, twist toes right, twist heels right, twist toes to center

## KICK, TOGETHER, KICK, TAP, CROSS ROCK, RECOVER, ¼ RIGHT & ROCK, RECOVER

1-4            Kick left over right, step left beside right, kick right over left, touch right beside left  
5-6            Cross right over left, replace weight onto left  
7-8            Make ¼ turn right & step right to right side, replace weight onto left

## REPEAT

## FINISH

Dance ends facing the back wall. Step right forward, shimmy for 3 counts & ½ turn left to face front wall.

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